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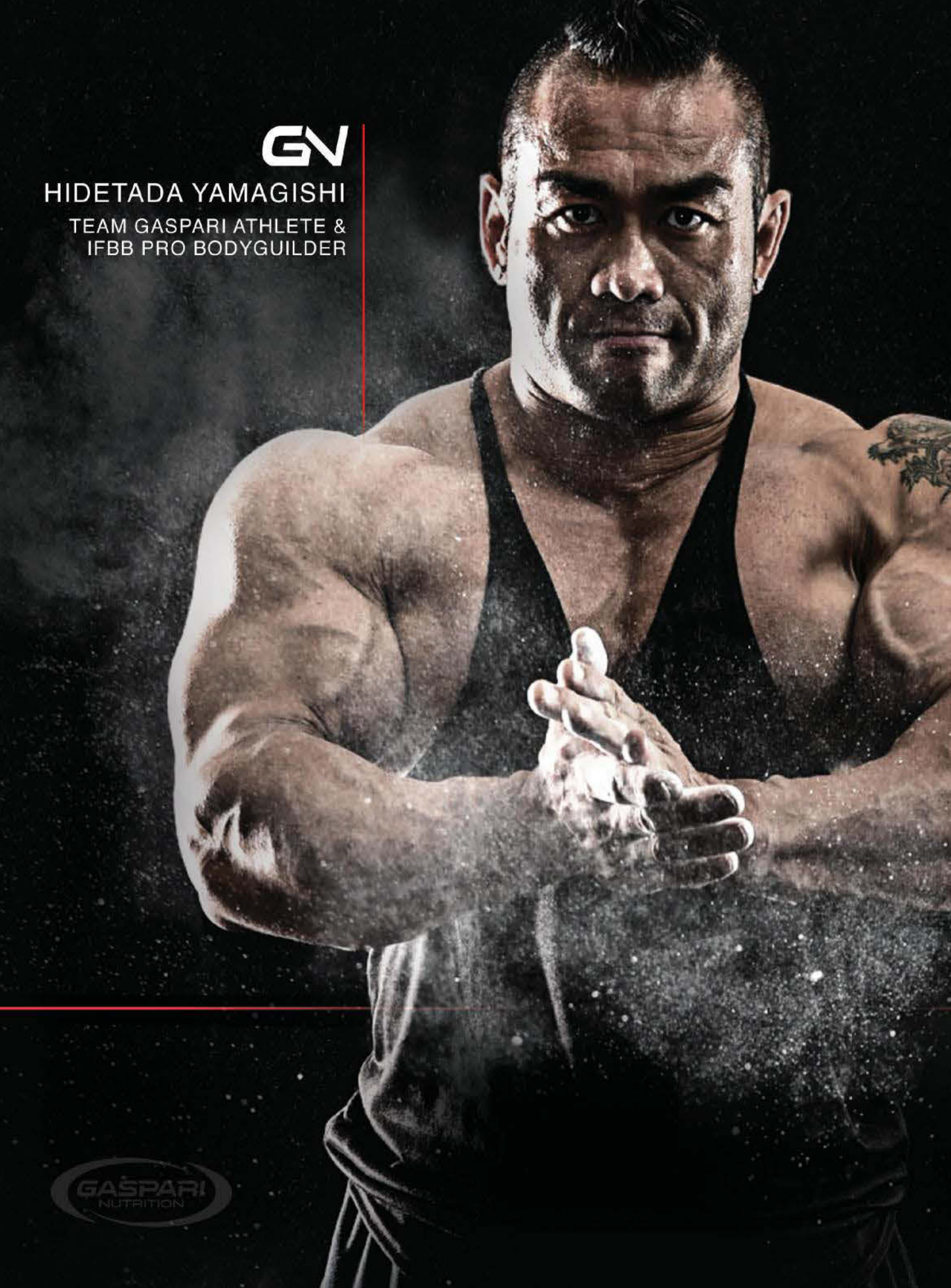
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Best of FLEX Workouts

THE EDITORS OF FLEX CHOOSE THEIR FAVOURITE WORKOUTS FROM ISSUES PAST.



As a boy, Shawn Perine was inspired by images of Arnold in *FLEX*. Today, he gets to work with him on this magazine. Dreams do come true!

I AM PLEASED to present to you this special end-of-year issue, with a selection of the best workout features from the *FLEX* archives. Over the years, *FLEX* has been the place bodybuilders turn to when they want to share their training routines, and not surprisingly, our readers have always responded positively to these features. We take great pride in being the go-to publication for those who enjoy challenging themselves. And, who better to feature on our cover than Arnold, who has brought unprecedented attention to the sport?

I've told the story in these pages on several occasions, of how this very magazine inspired in me a lifelong passion for fitness, and it was the training stories of Arnold Schwarzenegger that inspired me most. Back then, Arnold was known only as a bodybuilder who had dominated Olympia a number of times. He was just starting to make his break into film and TV—something considered an uphill battle at the time, as almost no leading actors showed an appreciable amount of muscle on their frames.

Today it's another story entirely, thanks in large part to Arnold's influence. Not only did he raise awareness of the sport internationally, he scored a huge win for fitness, in general. Now, lifting weights, building strength, pumping iron are all a regular part of fitness routines everywhere.

My hope is that this issue not only educates you, with its detailed workout routines, but also inspires you. All of the men featured in it have put in great effort to develop their bodies, and have served as inspiration for countless bodybuilders over the course of more than four decades. I hope their inclusion in this issue does the same for you, and keeps you motivated to train hard through the holidays and into the new year. I know that I enjoyed looking back over previous issues of *FLEX* and remembering some of my favourite articles. Also, speaking of Olympia, check out our Olympia flash report as well as the best workouts from 10 Olympians. Enjoy!



More Power to You,

Shawn Perine
Editor in Chief

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Hardgainer No More

IF YOU'RE AN ECTOMORPH AND YOU THINK making some key changes in your workout—like doing more compound movements and using heavier weights for fewer reps—is going to solve your problem, you're only half right. (For our purposes, an ectomorph is a hardgainer with a fast metabolism who has difficulty putting on size and weight.) You can't neglect the importance of dietary habits, recuperation, and lifestyle factors. Last month, we discussed how to customise your workout to speed up your gains; this month, we'll examine the other side of the equation.

If you take bodybuilding seriously, I know you're taking yourself to the limit in the gym. Remember, though, that the physiological processes that promote muscular growth are initiated during your workouts, growth actually occurs while your body is at rest. If you take a closer look, perhaps these factors are what's limiting your development. Ten important points can help you optimise your muscle size:

1) If you have trouble putting on weight, you can't get around the fact that you need to increase your food intake by about 300–500 calories daily. The easiest way to do this is to eat 5–6 smaller meals each day. If you're on the go or at the office, bring several small meals with you. Include yogurt, fruit, a chicken or turkey sandwich, a small bowl of pasta, etc.

2) Try to get about 30–40 grams of proteins with each meal. You want to eat approximately 1 gram per pound of body weight each day. Individual amino acids that make up protein are the raw materials that build muscle tissue.

3) Don't be afraid of fats—that is, healthy fats. Saturated fats clog arteries, but unsaturated fats provide important vitamins, keep cells and nerves healthy, and provide energy and cholesterol that help to make testosterone, an important muscle-building hormone. Fats should comprise about 25% of your total daily calories.

4) Make sure you eat a high-protein, high-carb meal within 30 minutes after your workout (which refuels your muscles), and consume another high-protein snack an hour before your bedtime (providing additional amino acids for building muscle as you sleep).

5) Recuperation is an often-overlooked factor. Because you burn calories so easily, doing more training can actually hurt your progress. Schedule a greater number of rest days—as many as 3-4 a week.

6) Sleep is important to recuperation. Get as much as your body needs and take a nap in the afternoon if time allows. Pulling all-nighters in school and partying until the wee hours will hurt your bodybuilding progress.

7) Don't train if you're tired or still sore from your last workout.

8) Don't let your outside activities undermine your gains, either. If you participate in another sport or energy-draining activity, pay extra attention to nutritional and recovery factors.

9) That goes for aerobic conditioning, too. Working your cardiorespiratory system is a smart idea for all bodybuilders (it'll help you achieve superior muscle definition), but use a lower intensity level and work out no more than 20–30 minutes 3-4 days a week.

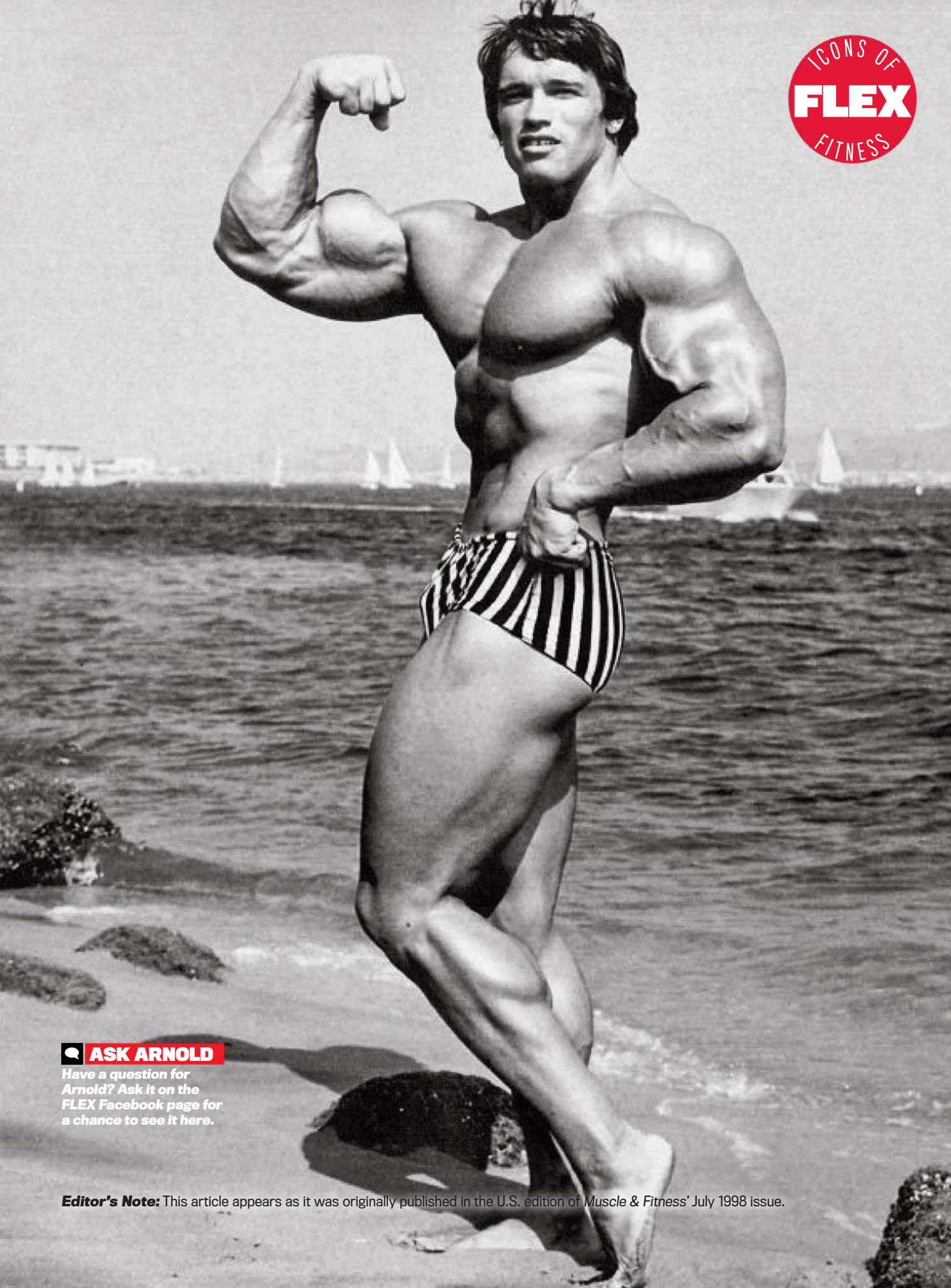
10) Keep stress levels low by learning how to relax, using such techniques as visualization, yoga, and meditation. Stress-induced high cortisol levels can be detrimental to muscle-building. If you can identify problems and make changes in several of these areas—combined with the modifications in your training that we discussed last month—you'll finally start to break out of your ectomorph shell if you stick with it. Next month, we'll talk about those naturally muscular mesomorphs who seem to make gains quickly and how they can fine-tune their workouts to make the fastest possible improvements.

YOURS IN IRON,



Arnold Schwarzenegger

ZELLER



ASK ARNOLD

Have a question for Arnold? Ask it on the FLEX Facebook page for a chance to see it here.

Editor's Note: This article appears as it was originally published in the U.S. edition of *Muscle & Fitness*' July 1998 issue.



TROY ALVES and MARK DUGDALE stimulate muscular growth at every workout.

TEXT AND PHOTO BY CHRIS LUND
UK EDITOR SINCE 1985

HEAVY AND LIGHT

HOW MANY TIMES have you felt totally disappointed after doing three sets of an exercise, increasing the weight each time? Disappointed, because you didn't feel as though you had worked the muscle as hard as you should, even though you increased the poundage each set, and trained as hard as you felt you needed to for best results?

Take the bench press as an example. Your first set would have been the major warm-up set of the exercise, and it would have probably looked something like this: With two 45-pound plates on an Olympic bar, you would have slowly and very strictly repped out a perfect, but extremely easy set of approximately 15 reps to warm up your chest, shoulders, and triceps. You will have felt really great after this warm up set, but you would not have stimulated muscular growth or strength, because the set was not intense enough.

For your second set, you probably added a 25-pound plate to each side of the barbell so that it now weighed 185 pounds. You would do about 10 reps in good style. However, you had no intention of taking this second set to muscular failure, because, mentally you were saving yourself and your muscles for that final all-out set of 6 reps to true muscular failure.

Once again, you failed to stimulate muscular growth or strength, so now it's up to your final set with an additional pair of 10-pound plates added to the bar, which means it now weighs 205 pounds. You would seek the help of your training partner or someone in the gym to spot you on this final heavy set with 205.

If you were lucky, you would have managed to squeeze out five to six reps in good training style, and probably felt quite proud of yourself for doing so. However, after years of training like this, you cannot understand why you don't feel that unique, deep down burn and pump that you always felt in your muscles after this last set.

This counterproductive last set might have done something as far as your strength was concerned, but you would have still not stimulated muscular growth, because you were more mentally concerned with simply getting that weight up like the power lifters do. You were also most likely not doing enough reps to stimulate muscular growth, and while I do concede that some bodybuilders make great gains using low reps, I think it's more than likely that better gains can be made with higher reps. Somewhere in the region of 10-12 with poundages that are manageable will allow you to train to true muscular failure.

Several years ago, a bodybuilding system became popular, even though it was the exact opposite of the more traditional pyramid training. It was called Heavy & Light, and here is how it worked, using the bench press as an example, once again:

Do a slow warm-up set of at least 15 fairly easy reps, then do three work sets as follows:

FIRST WORK SET

Choose a weight that you can barely do 15 reps with, then rep out until you cannot do another one in strict fashion. If you can do more than 15, then do them. Do not just stop because you reached your target number. Always use a spotter when bench pressing, or do not do the exercise at all.

SECOND WORK SET

After a rest of about 60 seconds, remove a ten-pound plate from either end of the bar and go right into your second work set. At first, the bar will feel light, because, after all, you reduced it by a total of 20 pounds. However, after about 4 reps, the true secret of Heavy & Light starts to kick in. Even though you mentally know that you can easily handle this poundage, your muscles do not. So, you will find yourself struggling extremely hard to force out each and every rep. Eventually, you will start to feel that deep down, burn and muscle ache, which great bodybuilders feel at every workout—that same muscular ache that you have probably not experienced in years. Keep on pushing until you always reach at least 12 reps.

THIRD AND FINAL WORK SET

After another 60 seconds, rest. Remove another ten-pound plate from each side of the bar and go right into your last work set. Once again, the poundage will feel lighter in your hands, but after a few reps, your pecs will be aching and screaming out for mercy. You will simply not believe how one simple exercise can make your chest ache like this.

Heavy & Light can be applied to most bodybuilding movements: dumbbell presses, squats, curls, triceps extensions, bent over rows, and many more.

See You Next Month and Keep Training,
CHRIS LUND

BY ANTH BAILES, IFBB PRO AND 2012 BRITISH CHAMPION

THE FREAK



Q I know that you prefer fasted cardio, but, due to my early start at work, this isn't an option. I have to do cardio in the evenings. Would you suggest doing it before or after weight training, and at high or low intensity?

I DO PREFER fasted cardio before my first meal of the day. I have some BCAAs and glutamine, then get started. But fasted cardio isn't essential. The main reason I do it is that it sets me up for the day and makes me feel more energised. This, more than any other reason or theory about it burning more fat due to lower glycogen levels, is why I do it.

When you do cardio makes little difference to fat loss. The key thing is getting it done.

In your situation, I would definitely do cardio after weights. Your glycogen levels will be depleted and your heart rate will probably be elevated (at least it should be if you've trained hard!). Also, if I did cardio before weights I would probably lose a little focus.

When I get to the gym, I'm there to dominate the steel. That is my first thought when I walk through the door; not bossing the treadmill or bike! Doing cardio first will also tap into your energy stores, which will affect your workout.

As for high or low intensity, I prefer a slight mix of the two. I jump on the StairMaster or cross-trainer and build to a fast pace to get my heart rate up as quickly as possible, then I finish the rest of the session with steady pace on the treadmill. Try the 40-minute cardio session described on this page.

The bottom line is... just make sure you get it done!

TRY THIS FOR CARDIO

STAIRMASTER

2 minutes on speed 4, 2 minutes on speed 5, 2 minutes on speed 6, 2 minutes on speed 7, and 2 minutes on speed 8. Total time–10 minutes.

TREADMILL

5 minutes at 3.5 mph on a 5 per cent incline followed by 5 minutes at 4 mph on a 15 per cent incline. Repeat 3 times. Total time–30 minutes.

FREAK TWEETS

Remember, it's that last rep that changes you. Your body does not want muscle! You have to FORCE it.

Dips for tonight's chest workout. Much prefer the chains over the dipping belt.

Forget all the fancy stuff! Get some steel on the bar and move that sh#t!

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TAKING A PURELY SCIENTIFIC LOOK AT THE BEST PRODUCTS IN THE WORLD OF SPORTS SUPPLEMENTS

INTRAFUEL

Intrafuel is a carbohydrate and amino acid powder that contains Cluster Dextrin® (a patented form of cyclic dextrins), branched chain amino acids (BCAA), citrulline, glutamine, and a blend of vitamins, minerals and electrolytes. It is designed to enhance muscle recovery and support carbohydrate and protein metabolism.

CYCLIC DEXTRINS are a unique kind of carbohydrate that are digested very quickly (i.e. much faster than glucose or fructose). This is because the structure of cyclic dextrins (branched, linked molecules) allows greater access to digestive enzymes compared to traditional, linear chains of carbohydrates. Research has reported less stomach upset and improved muscle metabolism in subjects who consumer cyclic dextrin compared to traditional forms of carbohydrate.

The branched chain amino acids (**BCAA**) make up about 35% of skeletal muscle protein and are unique in their roles in controlling protein metabolism, neural function, and blood sugar and insulin regulation. Leucine is the considered the King of amino acids, because some studies have shown that it can increase muscle protein synthesis all by itself. Whey protein contains a high concentration of leucine, and this is thought to be one reason why whey is such an effective muscle builder. Research has clearly demonstrated that leucine stimulates the amino acid/energy sensor mTOR (which stands for mammalian target of rapamycin). mTOR in turn stimulates protein synthesis via two independent mechanisms that are active in skeletal muscle, especially during exercise and recovery. In one study, a 2.5 gram dose of leucine increased muscle protein synthesis.

Isoleucine and valine are the other two BCAA that are used by active muscles to form glucose during exercise. Isoleucine also plays a role in regulating blood sugar and synthesizing hemoglobin (which carries oxygen throughout the body), while valine has mild stimulant properties and can reduce appetite at higher doses.

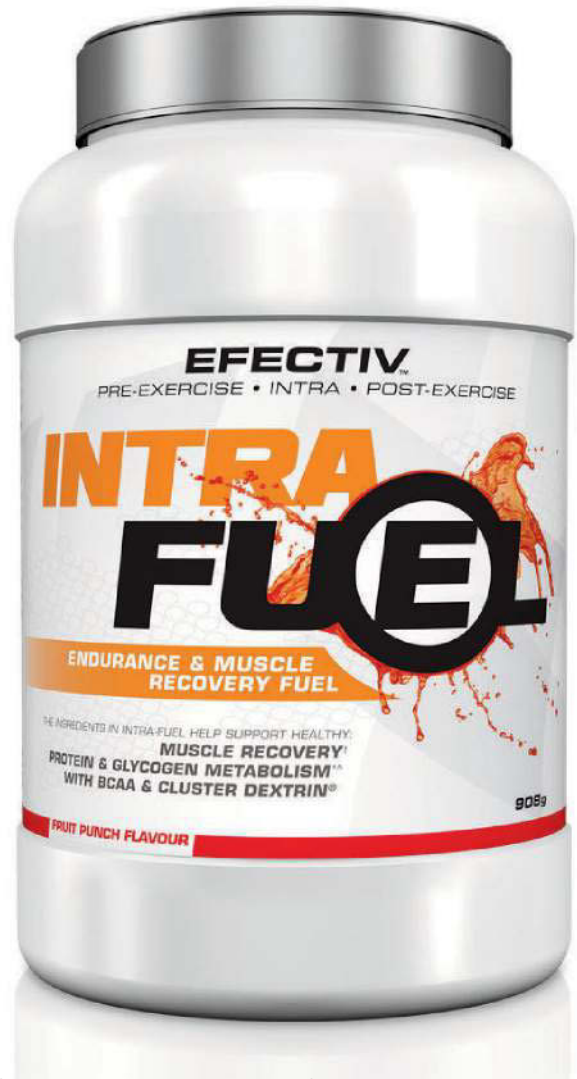
Collectively, the **BCAA** are used by many athletes in-between meals in the hopes of sparing muscle protein breakdown, restoring anabolic signaling, and (potentially) up-regulating fat loss. The BCAA are unique among amino acids because they are the only ones thought to bypass the liver and be metabolized directly in skeletal muscle. Even though all three BCAA utilize the same mechanism (transporter) to enter muscle, most experts advise against taking high doses of just one amino acid, and I generally agree with this assertion because when only one BCAA is available to the body, the other two can become "rate limiting". In other words, leucine works best to stimulate muscle protein synthesis when isoleucine and valine are also around at normal "permissive" levels. Typically, BCAA are used several times per day, particularly during dieting phases or when muscles are especially sore from training.

Experimentally, BCAA have also been shown to help speed muscle recovery from intense training. Although the mechanisms are not completely clear, it appears that BCAA act as signaling nutrients and are able to promote the phosphorylation of proteins directly involved in muscle protein synthesis (mTOR, eukaryotic initiation factors, etc). A recent study showed that low doses of whey protein (i.e. 6.25 grams) can be as anabolic as higher doses (i.e. 20 grams) if extra leucine is added into the whey mixture. I'd speculate that even greater increases would be observed if a blend of BCAAs were utilized rather than straight leucine. In addition, some scientists have speculated that long-term use of BCAAs may also aid in fat loss efforts, as iso-

leucine has been shown to increase the activity of genes controlling fat burning and decrease the activity of genes controlling fat storage. Some data also exist that shows leucine itself can increase fatty acid oxidation and increase mitochondrial biogenesis (translation: more mitochondria) in both muscle cells and fat cells.

Lastly, many endurance athletes also use BCAA to combat fatigue and enhance their aerobic performance. During prolonged aerobic exercise, BCAA are thought to reduce the uptake of L-tryptophan (an amino acid that is converted to serotonin) into the brain. The end result is a reduction in what is known as "central fatigue" and enhanced performance. In addition, at least one study has reported increases in red blood cell count, hemoglobin, and hematocrit in subjects given only 2.2 grams of BCAA during middle and long-distance endurance training. This seems to suggest an "epo-like" effect of BCAA that would improve performance.

BCAAs are versatile compounds that can enhance the effects of most intense training programs. If you don't eat 4-5 moderate sized meals a day, adding BCAAs to your diet can probably help you. To build more lean mass/strength and help trashed muscles recover more quickly, take extra BCAAs with your pre and post workout meals/shakes, especially if they contain less than 20 grams of total protein. Otherwise, use BCAAs between meals and at breakfast, especially if you are a small eater.



CITRULLINE is a naturally occurring chemical cousin of the amino acid arginine. Its name is derived from the scientific name for watermelon (Citrullus vulgaris), the food from which it was first isolated. During its normal metabolism in the body, citrulline is synthesized from glutamine and ornithine in the intestines, converted to arginine in the kidneys, and helps stimulate nitric oxide production in peripheral tissues. Of its many roles within the body, nitric oxide causes arterial blood vessels to dilate, thus improving blood flow to active muscles. Many body builders use citrulline to amplify their pump response to training. Experimentally, a few recent studies have shown that oral citrulline supplementation can enhance muscular performance and reduce fatigue by enhancing the resynthesis of high-energy phosphates (ATP and creatine phosphate) that are used during intense exercise. In my opinion, citrulline deserves a place on the top shelf of your supplement cabinet.

GLUTAMINE is a "conditionally essential" amino acid that makes up about 50% of the total amino acid pools in our body. It plays critical roles as a fuel for intestinal and immune cells, is a precursor to the powerful antioxidant molecule glutathione, stimulates the production citrulline (which has anti-fatigue and nitric oxide producing properties), regulates acid-base balance, acts as a carrier of nitrogen between various tissues, and is a precursor of many other important compounds within the body. This superstar amino acid has been the darling of the supplement industry for decades, and has leagues of devoted and convinced followers despite a clear lack of evidence supporting its anabolic or anti-catabolic effects in healthy humans. What is clear though, is that glutamine is extremely beneficial for gastro-intestinal health, prevention of upper respiratory tract infections, and in anyone who has a low dietary intake. In short, glutamine may or may not help your muscle building efforts, but it certainly wont hurt either. Moreover, there are many reasons to ingest supplemental glutamine, namely to promote cardiovascular/gastro-intestinal health, and to reduce muscle loss during any kind of muscle wasting, trauma, or infection.


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OF WORLDS

JAMIE CHRISTIAN-JOHAL IS ON A MISSION: TO COMBINE THE MASS OF A SUPER-HEAVYWEIGHT BODYBUILDER WITH THE AESTHETICS OF MEN'S PHYSIQUE.

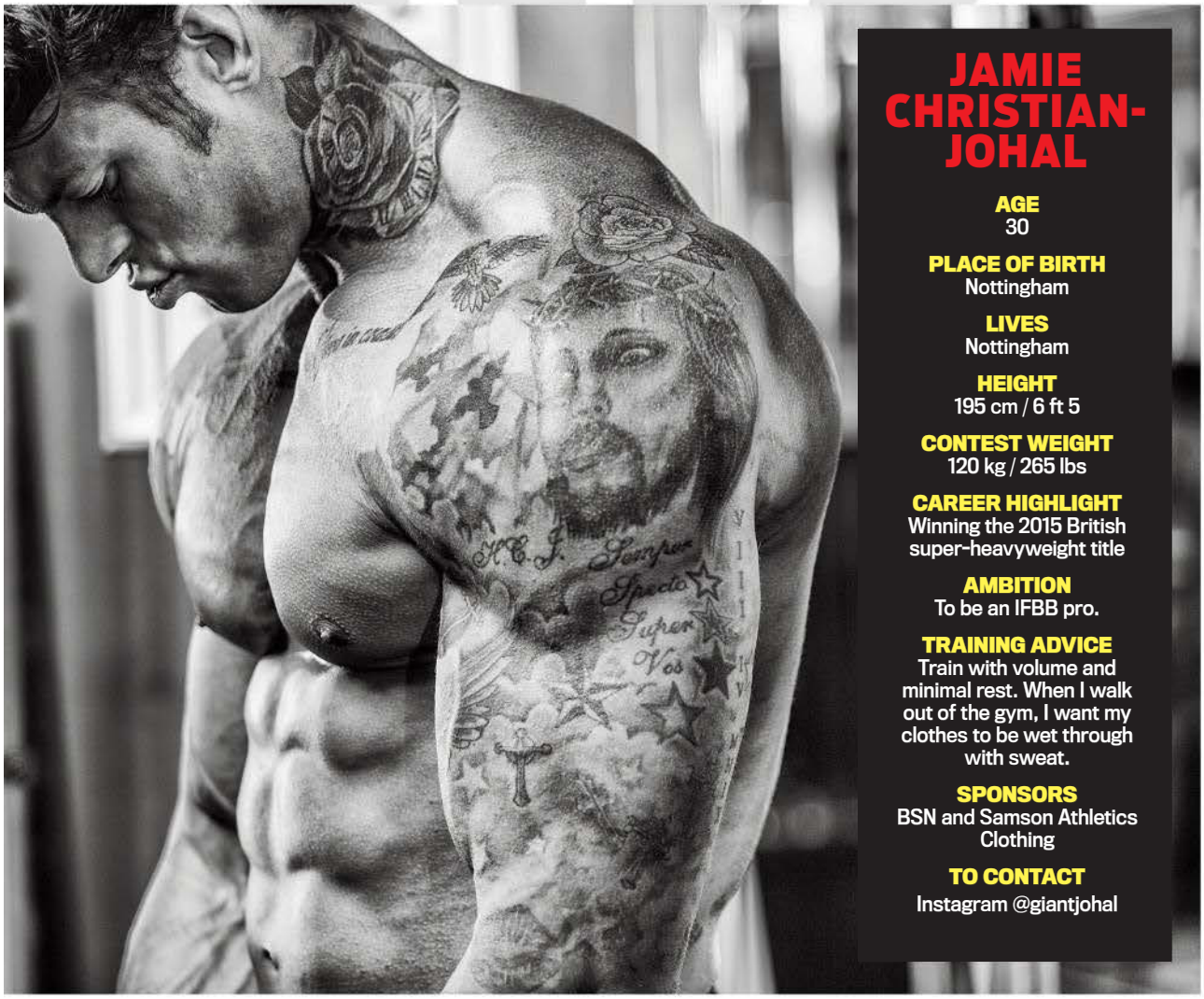
BY JOHN PLUMMER

PHOTOGRAPHY BY LEE ARCHER AND RICHARD PHILLIPS

Jamie Christian-Johal had, in many people's eyes, the perfect body.

Tall, muscular, and good-looking, he was the archetypal golden boy. He competed in the classic bodybuilding class, which seemed perfect for his mainstream muscular look. But then something happened—he decided to get huge. He succeeded. Christian-Johal was the heaviest man at last year's UKBFF British Championships, weighing 120 kg, and won the super-heavyweights. He has completely transformed his body over the last three years by going against the grain and adding size at a time when men's physique has been taking over. It's an impressive achievement, but why did he decide to swim against the tide and abandon his more slender look to become a beast?

It was partly forced. Christian-Johal had already maxed out on the 104 kg limit his 6 ft 5 ins frame was permitted under the height-to-weight restriction of the classic class. But there was also something deeper, dating back to his first trips to the hardcore Muscle Tone gym in Nottingham. "The smell of cold iron as you walked through the doors, the walls lined with past achievements and trophies



JAMIE CHRISTIAN-JOHAL

AGE
30

PLACE OF BIRTH
Nottingham

LIVES
Nottingham

HEIGHT
195 cm / 6 ft 5

CONTEST WEIGHT
120 kg / 265 lbs

CAREER HIGHLIGHT
Winning the 2015 British super-heavyweight title

AMBITION
To be an IFBB pro.

TRAINING ADVICE
Train with volume and minimal rest. When I walk out of the gym, I want my clothes to be wet through with sweat.

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“MY AIM IS TO MAKE BODYBUILDING SEXY AND MARKETABLE AGAIN!”

mounting every shelf...I was inspired to look like that," he says.

Watching a gym show in 2008 sealed the deal and, from then on, he wanted to be a bodybuilder. It's taken time, as you'd expect with someone so tall. He entered the same gym contest in 2009 and didn't place. "It just made me try harder." In 2010 he won it. Christian-Johal then stepped up to the UKBFF and, as he was still growing, entered the classic class. He won British Championships qualifiers in 2011 and 2012 weighing about 95 kg before taking time off to grow into a bodybuilder. This year he reemerged and won the super-heavyweights at the Zack Khan Classic and finished second in the over-90 kg division at the English Grand Prix, before winning the British Championships in his native Nottingham.

For all his extra muscle, he's managed to maintain a symmetrical and aesthetic physique. This is Christian-Johal's mission: to combine the bulk of a bodybuilder with the aesthetics of men's physique. "A lot of people were raving about the men's physique class and I knew that was marketable to the masses but I wanted to be an out-and-out bodybuilder," he says. "However, I didn't just want to get big at any cost. I joined the gym to look good and this is something I try to achieve in the way I build my physique." Christian-Johal would like to see pro bodybuilding also put more emphasis on aesthetics. "The golden era where bodybuilders were like sculptures and appealed to a mass audience has given way to physiques focused on pure muscle mass," he says. "To me, it has lost its core value and the shape of some of the guys is not very pleasing at all. My aim now is to make bodybuilding sexy and marketable again!" He hopes the judges like what he's offering and that he can display his mass with class on the IFBB pro stage. "I know this will be extremely difficult but I am unbelievably dedicated and motivated towards my cause," he says.



IT'S UNUSUAL to find a 6 ft 5 ins bodybuilder with such good legs.

LEGS FROM HELL

Most tall bodybuilders are let down by their legs. It's difficult to get size and detail in long limbs, but Christian-Johal's lower body is his strongest area.

You might think his insane legs are the product of insanely heavy weights but he is fundamentally a volume trainer. Don't; however, confuse 'volume' with 'easy'–how do hack squat drop sets with 10 decreases in weight sound?

"For me lower rep work is good for strength and stimulating the central nervous system but for muscle growth I will always train with volume and aim for maximum muscle hypertrophy," he says. "A great way to do this is to incorporate drop sets and giant sets into your workouts. I plan and map out my sessions so that each exercise leads up to a volume set of some kind." Christian-Johal says this variety keeps


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CHRISTIAN-JOHAL is working to bring his upper body up to match his amazing lower limbs.

his muscles guessing and his body growing. "It is my way of avoiding plateaus," he says.

He also adopts what he calls 'weak point training' whereby he prioritises weak body parts. "It may be something as simple as starting on my weakest body part or performing extra working sets, or even adding an exercise to my routine to bring that weakness up."

Legs; however, don't fall into that category. Below, he describes one of his brutal lower body workouts. If you're going to try it, build up gently unless you're an experienced trainer who can take pain! "Choose a weight so you are working to failure for the given rep range," he says. "If you do not fail you need more weight–simple! The only exclusion is warm-up sets where you want to increase blood flow and lubricate joints."

1 / BARBELL SQUAT

WARM-UP SETS 2 X 20 SIMPLE SETS OF 3 X 15, 12, AND 8-10 FOLLOWED BY A DROP SET.

"For the drop set, start with a weight you can perform 6-8 reps with, then drop some weight off so you can perform another 6-8. Keep repeating until you perform no fewer than 4 drops."

2 / HACK SQUAT

2 DROP SETS WITH 10 DECREASES IN WEIGHT

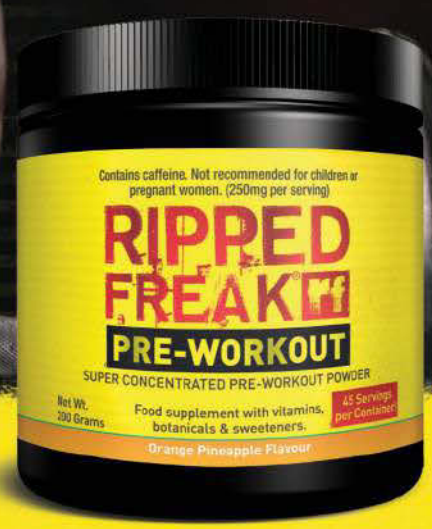
"The important thing to concentrate on is the tempo of the exercise. The tempo is 4 seconds negative and

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4 seconds positive with no pause at the bottom or top of the movement. Load the hack squat with 5 kg plates and remove 5 or 10 kilos for every drop. This will burn like hell, but the pain is worth it!"

3 / LEG PRESS

SIMPLE SETS OF 3 X 20 followed by an ascending drop set in which you increase the weight each time until you reach your maximum weight. Then strip the weight back down again. For example, start with 150 kg and perform 20 reps then increase the weight by 50 kg each time and go for maximum reps four more times–then do the same in reverse by shedding 50 kg each drop. Again, this will hurt."

4 / SUPERSET LYING LEG CURLS WITH LEG EXTENSIONS

SIMPLE SETS OF 3 X 20, 15, 12 followed by a drop set, starting with 10 reps and decreasing the weight three times.

5 / STIFF-LEGGED DEADLIFTS

SIMPLE SETS 4 X 20, 15, 12, AND 8-10

6 / DUMBBELL WALKING LUNGES

SIMPLE SETS 2 X 15

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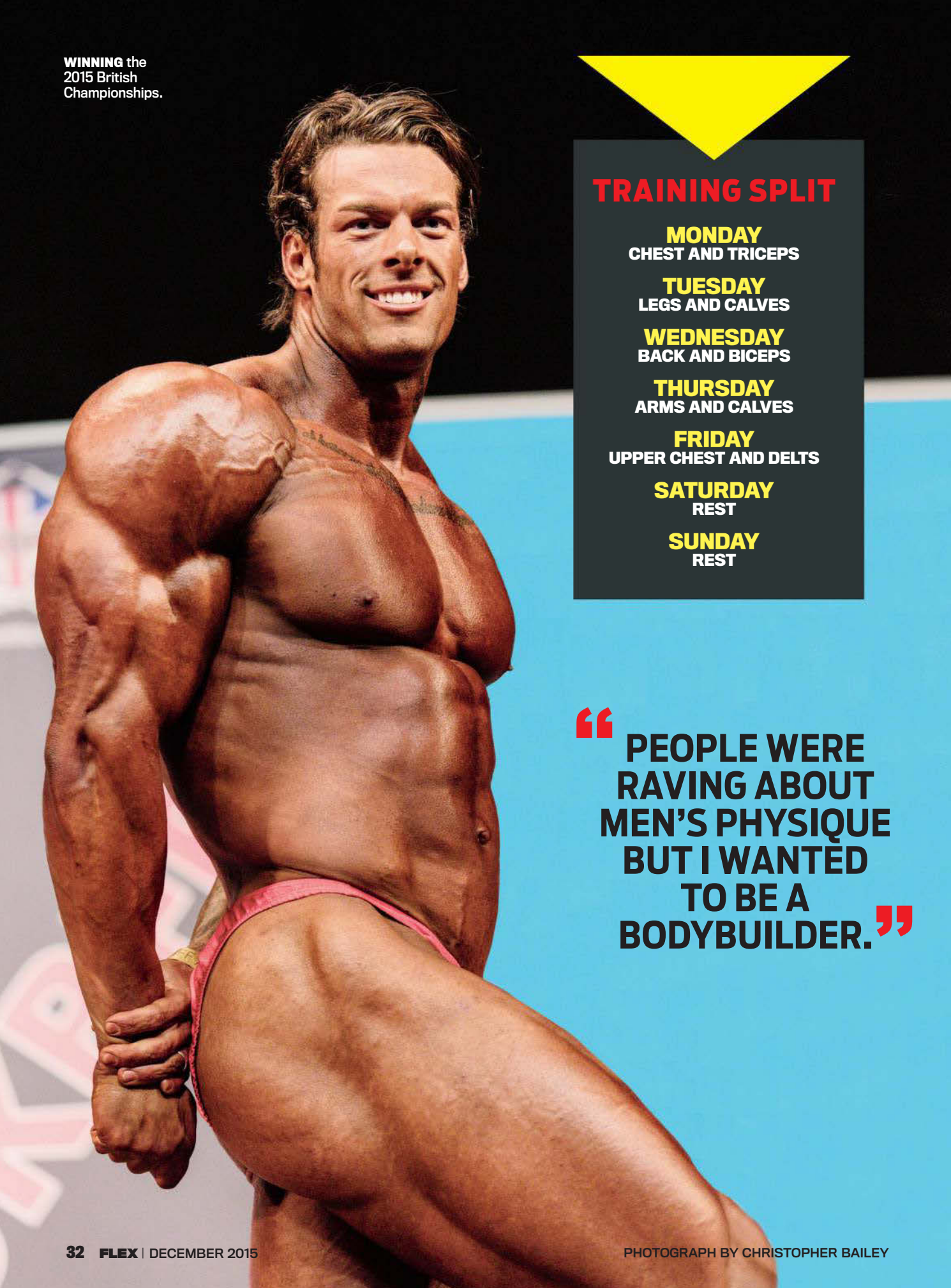
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> "PEOPLE WERE RAVING ABOUT MEN'S PHYSIQUE BUT I WANTED TO BE A BODYBUILDER."

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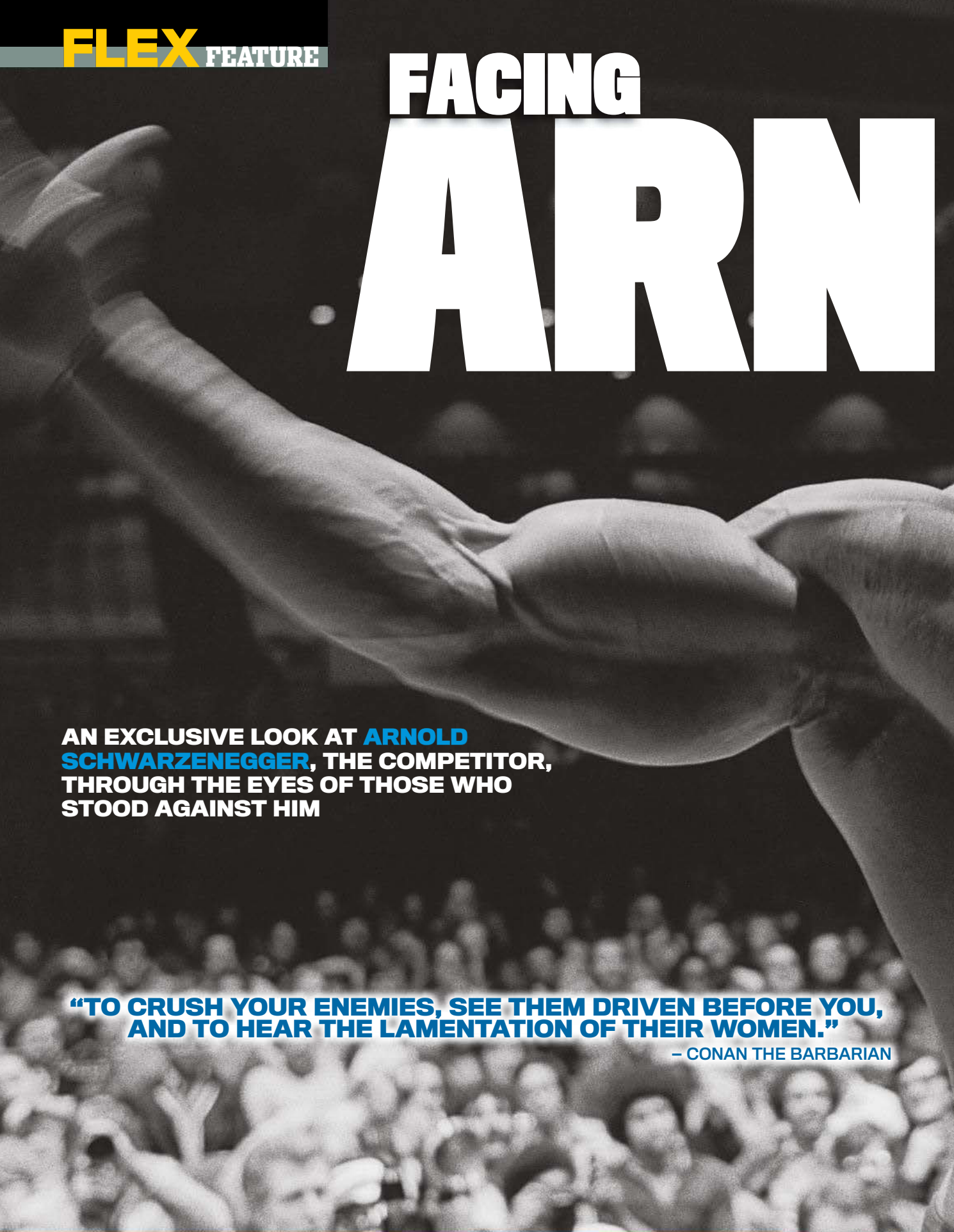
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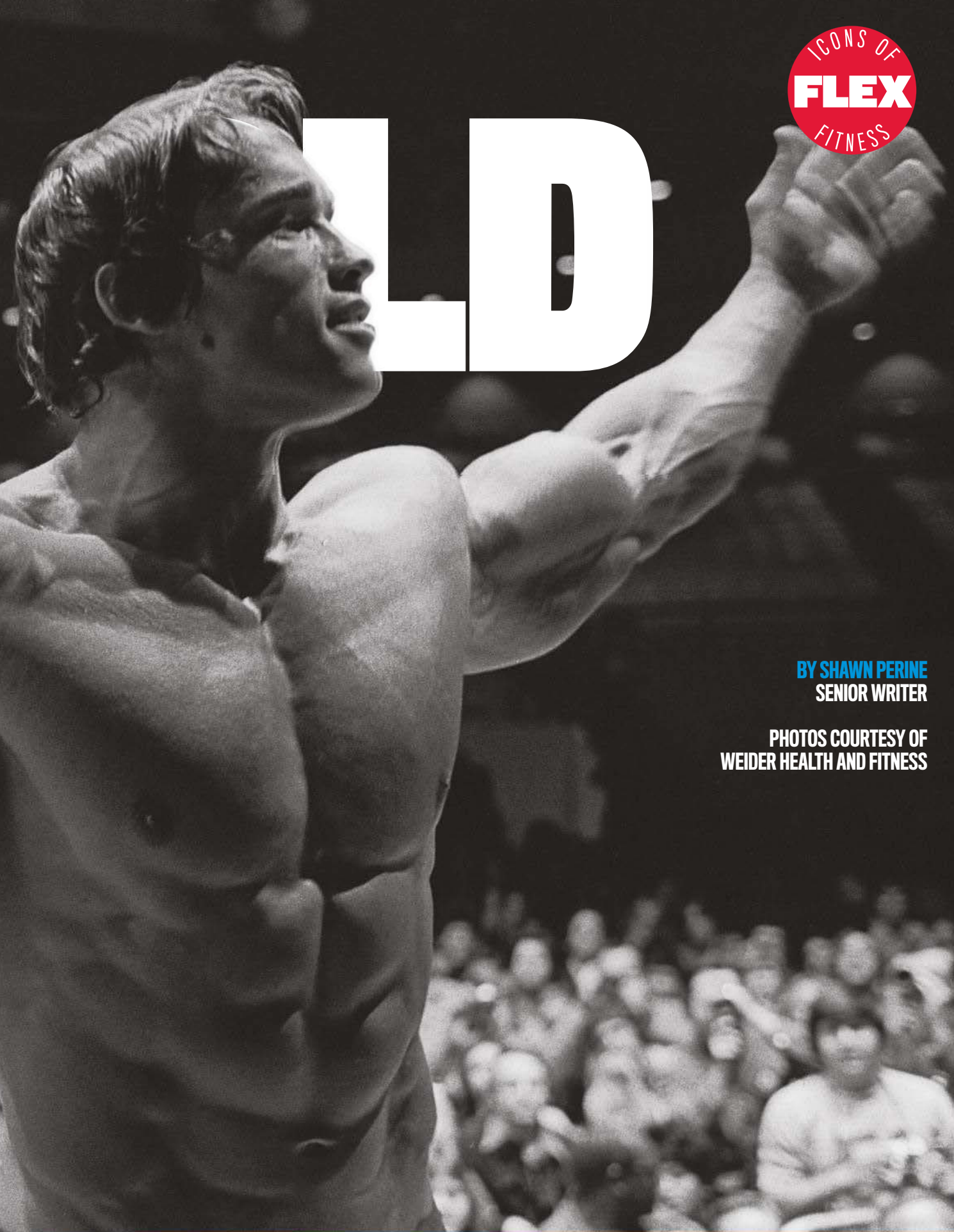


AN EXCLUSIVE LOOK AT ARNOLD SCHWARZENEGGER, THE COMPETITOR, THROUGH THE EYES OF THOSE WHO STOOD AGAINST HIM

"TO CRUSH YOUR ENEMIES, SEE THEM DRIVEN BEFORE YOU, AND TO HEAR THE LAMENTATION OF THEIR WOMEN."

– CONAN THE BARBARIAN

© George Butler, White Mountain Films



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BY SHAWN PERINE
SENIOR WRITER

PHOTOS COURTESY OF
WEIDER HEALTH AND FITNESS

EDITOR'S NOTE: THIS ARTICLE IS PUBLISHED AS IT ORIGINALLY APPEARED IN THE U.S. EDITION OF *FLEX*'S FEBRUARY 2010 ISSUE.

"I WAS ALWAYS FASCINATED BY PEOPLE IN CONTROL OF OTHER PEOPLE."

– ARNOLD SCHWARZENEGGER

IN THE LAST SCENE OF THE 1977 DOCUMENTARY *PUMPING IRON*, Arnold Schwarzenegger and Lou Ferrigno are sitting, shoulder to shoulder, at the back of a bus, flanked by Ferrigno's parents, Matt and Victoria. The two athletes had just finished competing against one another in the 1975 Mr. Olympia—held in Pretoria, South Africa—a contest Schwarzenegger won handily. With three months worth of preparations and a heated battle behind them, both men appear relaxed and happy. Schwarzenegger is conversing with Mrs. Ferrigno when he turns to Lou.



Franco Columbu, Frank Zane, and Lou Ferrigno onstage with Arnold Schwarzenegger at the 1974 Mr. Olympia in New York.

"I'm gonna come over and have a nice meal over at your house. . . when I come back from Austria," Schwarzenegger informs Ferrigno. "I'm gonna call you and she's gonna fix a nice spaghettis, meatballs, cheesecake, apple strudel. . .the whole business! She says she's gonna bulk me up to 127 kilos!"

The Ferrigno family has a good laugh over Schwarzenegger's congenial joking, disarmed by his considerable charm. Then, without missing a beat, Schwarzenegger turns back to Lou and adds, "and then she's gonna fix me up with your sister!"

He was joking, of course, but it was no mere joke—nothing in Schwarzenegger's existence is ever "mere." Even though, just days before, he had ruthlessly and with a surgeon's precision psyched out his larger opponent before defeating both him and runner-up Serge Nubret, Schwarzenegger was still going for the jugular.

"You better talk to him," intones Lou, passing the figurative battle baton to his father, Matt.

"Eh, I'll talk to him later on," responds Schwarzenegger, sporting a grin as wide as a Cheshire cat's.

Although the record books show Lou as being the only Ferrigno to lose to Schwarzenegger in South Africa in 1975, George Butler's camera tells a different story. In *Pumping Iron*'s final minute, the future portrayer of Conan scores a bloodless victory over the entire Ferrigno family with a very un-Conanlike nod and smile. Yet, for what might be considered fighting words by some, the Ferrignos smiled, too. Such is the charm of the man who may be history's greatest competitor.

By now, Schwarzenegger's rags-to-riches-by-way-of-muscles story is as familiar to most as are the films that launched him into megastardom. Born the second son to Gustav and Aurelia Schwarzenegger in the tiny Austrian hamlet of Thal, Schwarzenegger would transform his skinny body into the world's best, conquer Hollywood, marry a Kennedy, and govern the seventh largest economy in the world, all before turning 60. His fiercely competitive spirit and Terminator-like determination are the stuff of legend, and the path to his many victories is strewn with tales of adversaries left stymied, flummoxed, demoralized, and just plain beaten.

But for all those who ever found themselves steamrolled by Schwarzenegger's force of will, precious few have ever expressed a dislike for the man. In fact, most former adversaries are friends, if not fans, of the man—and you'd be hard-pressed to find one who doesn't, even if grudgingly, acknowledge his enormous gifts.

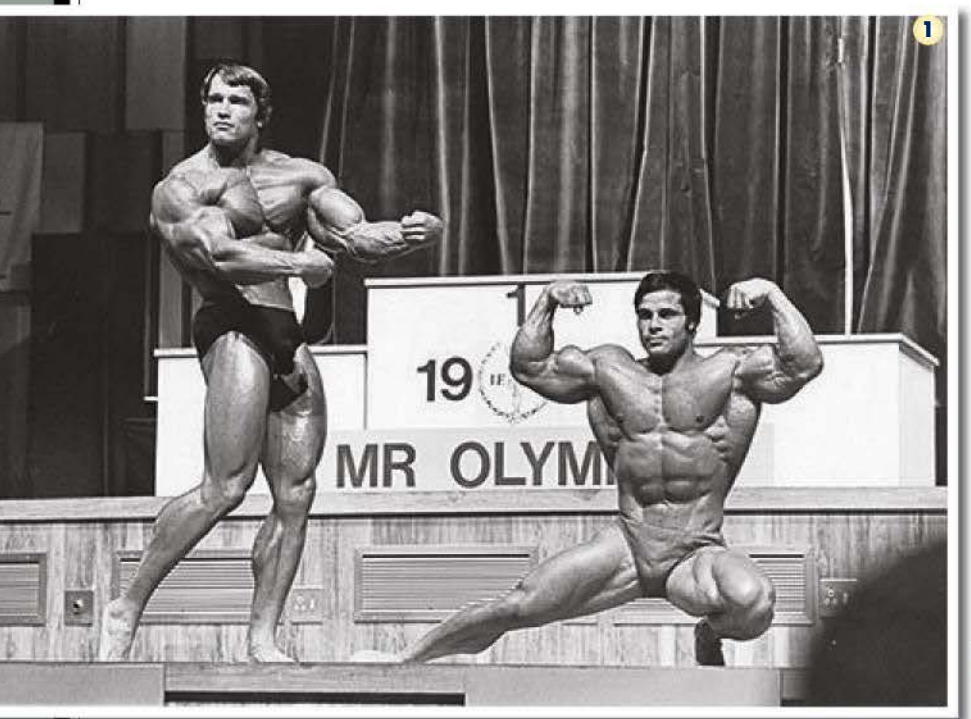
Some of Schwarzenegger's fiercest and most chronicled battles took place on the bodybuilding stage en route to his five Mr. Universe and seven Mr. Olympia wins. Sometimes subtle, sometimes ruthless, always effective, Schwarzenegger's craft was a thing of beauty—and yet, for as sharp the blade wielded, he rarely cut too deep.

In an attempt to paint an accurate portrait of Schwarzenegger the competitor, we've asked four of his old adversaries to recount their battles—both onstage and off—and give us their takes on what makes The Austrian Oak so very über.

FRANCO COLUMBU



Mantle and Maris. Abbott and Costello. Heckle and Jeckle. Arnold and Franco. As inseparable as any team in history, Schwarzenegger and Columbu were at various times roommates, training partners, and onstage adversaries, but always friends. The two men shared a contest stage eight times, most famously at the 1975 Mr. Olympia, a contest in which Columbu won the under-200-pound (91 kg)class and Schwarzenegger won the over-200-pounds and overall title.



1

What a lot of people don't realize is that Arnold would get nervous before a contest just like everyone else. In fact, when we were competing, we would always ask for dressing rooms near the bathroom because we would have to pee so much. [*Laughs.*] But he would get better when he was pumping up. You could see his attitude change and he would become very focused. Onstage, he would project this image of a totally confident guy. But that's what you do if you want to win. You have to be an actor when you're on a stage, right?

I remember one show—maybe the Mr. Universe, around 1970 or so—and there was this big, tall guy competing in it named Tony Carroll. He was taller than Lou Ferrigno and he looked huge in his clothes. So Joe Weider comes up to Arnold and says, "Oh boy, Arnold. He's a dangerous guy. I don't know. I think you're going to have a tough time with this guy." And Arnold's like, "How did this guy get so big?"

I say to Arnold, "It's OK, I'm going to go check on him. I'll go around the corner and see what he looks like when he changes." And when he starts taking his big coat off, I go over. I can see his arms look huge, and Joe was saying he had 58-cm arms or something, so it made sense that Arnold would be nervous.

So he takes his coat off, then he takes a sweater off, and then another sweater, and another shirt – and the guy is shrinking. His shoulders get smaller and his waist gets wider, and some of his clothes even looked padded or something. So finally, I see him without all the clothes, and he's a lot smaller than we thought. So I went over to Arnold and I said, "I don't think you have to worry about him." And he said, "What do you mean? What are you talking about?" *[Laughs.]*

Arnold knew how to do what it took to win, and the most amazing thing that I saw him do was at

1. Schwarzenegger and Columbu pose down for overall honours at the 1975 Mr. Olympia in South Africa.
2. With the competition over, adversaries return to being best friends.



2

PHOTO CREDIT

THE SERGIO PSYCH OUT





3. To this day, the two regularly get together for chess matches. As in bodybuilding, Schwarzenegger is usually the victor.
4. Columbu makes an impromptu appearance at the 1980 Mr. Olympia.
5., 6., 7. Schwarzenegger marshals all of his strength, and a dose of guile, to defeat Sergio Oliva at the 1970 Mr. Olympia in New York.



the 1970 Mr. Olympia. He had lost to Sergio [Oliva] the year before, and now he was trying to win it. So Arnold and Sergio came onto the stage from different sides, and they meet in the middle and start posing, and they're posing a long time. They're both tired and Arnold says, "OK, let's go now." So he starts to go off to the right side and Sergio goes off to the left, but he never looks back to see what Arnold is really doing.

Well, Arnold never leaves the stage, really, and he points to Sergio, and then to the audience as if to say, He's leaving. He gave up! So then, Arnold hits four or five poses before Sergio even knows what's going on. When Sergio turns around, he tries to come back to the stage, but Arnold leaves and it is over. That's the biggest psych out I've ever seen.

"Franco is pretty smart, but Franco is a child and, when it comes to the day of the contest, I am his father. He comes to me for advices. So it's not that hard for me to give him the wrong advices."

— Arnold Schwarzenegger

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LOU FERRIGNO

Ferrigno's first meeting with Arnold Schwarzenegger is documented in Pumping Iron, *in the scene where Matty Ferrigno recounts his son's awestruck reaction to meeting his idol. "Gee dad, he's big," was all the teenager could utter.*

Ferrigno's own bodybuilding fortunes would eventually rise to the point where he would square off with Schwarzenegger twice—at the 1974 and '75 Mr. Olympia contests—taking second in '74 and third, behind Serge Nubret and Schwarzenegger, in '75.





1. Confidence and experience helped Schwarzenegger defeat challenger Ferrigno at the 1974 Mr. Olympia competition.
2. In *Pumping Iron*, Schwarzenegger does a psych job on his young adversary before the '75 O.
3. Schwarzenegger's confidence surged at the '74 O, where he may have reached his peak.

"I was always dreaming about very powerful people — dictators and things like that. I was just always impressed by people who could be remembered for hundreds of years, or even, like Jesus, be for thousands of years remembered."

— Arnold Schwarzenegger



I always thought that Arnold was a fierce competitor. He refuses to lose and likes to dominate situations.

That being said, they really played up the whole "psyching out" angle in ***Pumping Iron***. That's not to say that he didn't do that, but it wasn't as ruthless as it was made out to be. Arnold was always very respectful to me in private. Then again, in 1975, Arnold knew it was going to be an easy victory.

It wasn't only Arnold who had tried to retire from bodybuilding before that contest. I was also interested in doing other things and was training to be in ABC's ***Superstars*** competition when I found out that George Butler was making a movie. So I came back to bodybuilding, although I only had three months to prepare. I wasn't anywhere near my best for that show. I was too smooth and I could have been bigger, too. Arnold took one look at me

PHOTO: (TOP RIGHT) SCENE FROM *PUMPING IRON*, USED WITH PERMISSION



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4. It's no accident that Schwarzenegger was positioned at centre stage in his posedown with Ferrigno and Serge Nubret at the '75 O.
5. The picture of cool, Schwarzenegger chills as Ferrigno and Nubret pose.
6. Schwarzenegger alternately needles and charms Ferrigno in the final scene of *Pumping Iron*.

and knew I wasn't much of a threat. If I'd had the year to prepare, it could have been a different story. Then, I think you might have seen more manipulation on his part.

Arnold reminds me of Muhammad Ali in a lot of ways. They're both called The Greatest in their respective sports and they both used the same kinds of mental techniques to throw their opponents off-guard. It's really a matter of playing upon your opponent's weakness in order to break down his self-esteem. Arnold would convince you that you were going to lose a competition even before you stepped onstage.

Still, Arnold was the guy who gave me hope that I could be a professional bodybuilder one day. When I first saw him in person, he was so much bigger than everyone else. Back then, it seemed like most of the bodybuilders were 170 or 173 cm, then here comes Arnold at over 183 cm tall and huge, and I realized that I had a chance to fill out my frame, too.

You know, *Sports Illustrated* ran an article on bodybuilding during those days in which Arnold said if he had my body, he'd never lose a contest, which was a great compliment. The truth is that, for me, it was as much about winning as it was about simply being onstage competing with my idol.

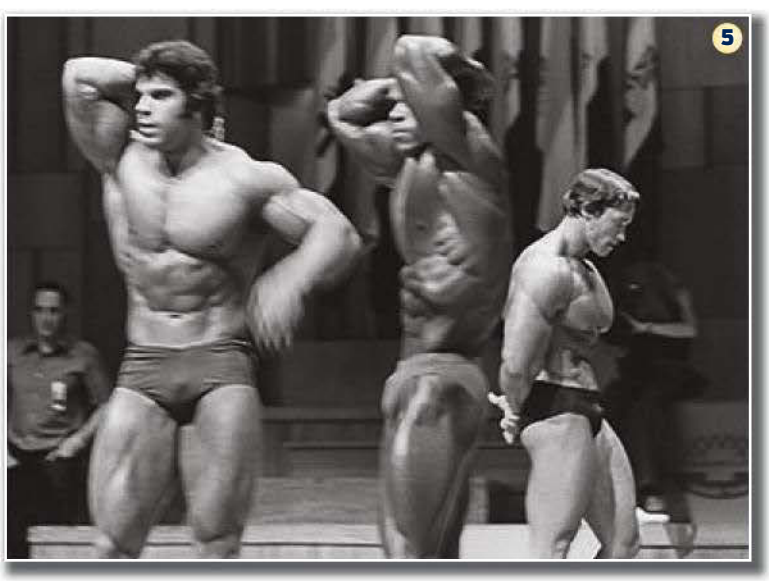




PHOTO: (BOTTOM RIGHT) SCENE FROM PUMPING IRON, USED WITH PERMISSION

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FRANK ZANE



Zane and Schwarzenegger first squared off at the 1968 IFBB Mr. Universe, held in Miami, Florida. A tanned, refined Zane would beat out a massive but baby-soft Schwarzenegger on that occasion. Although they would compete against each other in the 1972, '74 and '75 Olympia contests, it was the disputed show in 1980 in which the two men most famously battled, both on and off the stage.





1. In (from left) Columbu, Nubret, Oliva and Zane, Schwarzenegger arguably faced his stiffest challenge.
2. As a competitor, he was fierce — but as a friend, Schwarzenegger was Zane's most invaluable critic.

Arnold was a master manipulator. He was really good at it. But in 1980, I saw him take it to a different level.

You know, about eight weeks out from the 1980 Olympia, I was in the shape of my life—95 kg, really hard and confident that I was going to look incredible in Australia. Then, I had a freak accident at a friend's pool when a lounge chair collapsed. I came out of the hospital with about five weeks to go and my weight had dropped to 86, and I was thinking about whether or not I should even do the show.

So, as I mentioned, Arnold had been coaching me to that point, and I asked him if he thought I should compete. He said that I should go to Australia and defend my title. Then I said, "Are you competing? You've been training hard," and he said, "No, I'm getting ready for the *Conan* movie, plus I'm going to Australia to be the colour commentator for NBC." Well, that was good enough for me, you know?

Of course, he did compete, and the first time I knew he was competing was at the Sydney Opera House before the contest. I said to him, "So you are going to compete!" and he said, "Yeah, I might as well." *[Laughs.]* And then he said, "Wanna share a dressing room?" and I said, "Why, are you going to try to psych me out?" So I had my own dressing room.

Of course, at that show, Arnold was having a difficult time. He wasn't his usual confident self and he was sweating profusely. So Franco would come running onto the stage with a towel—he was his towel boy—and disrupt the flow of the contest. Whatever Arnold could do to gain an advantage, even if it meant having Franco come onstage and clown around during the middle of the competition, then so be it.

Arnold used to say to me, to Ken Waller, to everybody, "If I had your body, I would win." We took it as a compliment, of course, but there was a deeper meaning to it, as well. What he was essentially saying was that he would find a way to win no matter what body he had, which is what he did in 1980. He was off from his top form by a good deal, but he still was able to walk away with the title.

After he retired, I would go to him for evaluation of my posing routine. He'd be blown away at first, then he would go back and pick it apart. Every little thing . . . your toes were a third of a centimetre too far out to the side. *[Laughs.]* Amazing stuff.


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3. The 1972 Mr. Olympia ranks among history's greatest.
4. In 1970, Zane won the amateur Mr. Universe, Schwarzenegger the pro Mr. Universe and Zane's wife Christine, the NABBA Miss Bikini Universe title.
5. Zane and Schwarzenegger sharing a laugh.

"If you want to be a champion, you can't have any kind of outside negative coming in to affect you. So I trained myself for that. To be totally cold and not have things going through my mind."

— Arnold Schwarzenegger



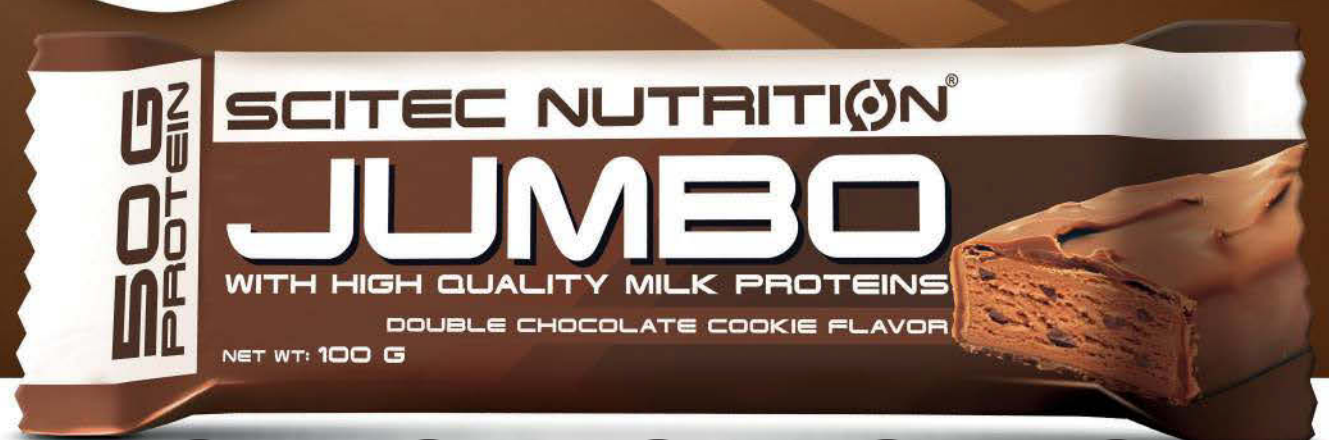


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CHRIS DICKERSON



Dickerson took second to Schwarzenegger at the 1980 Mr. Olympia, in what some say was the shape of his life. Although the competition was the subject of controversy with several contestants who protested the decision loudly, Dickerson accepted it quietly and with grace, something Schwarzenegger appreciated. In two years time, Dickerson would also ascend to the heights of the Olympia.



1

The thing about Arnold is that he never seemed to take anything too seriously. Or maybe I should put it this way: he never **acted** too serious. Yes, bodybuilding was serious business for him, but he was never dour about it. Everything he did, even in the heat of competition, was with a wink and a smile. That's a good quality to have, as far as I'm concerned.

For example, I would always wear a suit and tie at my competitions. Well, in 1980, I'm on the elevator in the Sydney Opera House—this was before the prejudging started—and Arnold gets in the elevator and he says, "Oh, Chris, I forgot to remind you that this isn't a fashion show. You look very nice, but I hope you brought your muscles with you." So I laughed, because I know what Arnold does. And he's smart to do it. It's kind of a brain game.



2

I think it all started with the fact that Arnold has always been very secure and assured of his abilities. When you have that degree of confidence, you tend to be more good-natured and charitable, and he certainly was that.

It was by sheer force of personality that Arnold put us all [bodybuilders] on the map. We were kind of a cult before he came along. He just made it so universal and acceptable, then he helped get women involved, so he's responsible for a huge boom in the popularity of bodybuilding and fitness.

People talk a lot about Arnold's will to win, but I think we all have that. Every one of us who stands on a stage has the will to win, but with Arnold, it was more the ability to actually win. He had the specific tools needed to bring that will to fruition.

Arnold is smart. He knew that it wasn't just a matter of how big your muscles are, but your presentation, the way you project yourself. He knew that the judges pick up on that positive attitude and reward you accordingly. **FLEX**

TO PURCHASE PHOTOS OF SCHWARZENEGGER BY GEORGE BUTLER, GO TO WHITEMOUNTAINFILMS.COM.

"I was brought up under great discipline, which meant that when I made up my mind, I had to follow it through. I had a master plan from the moment I arrived in America. That's still in me. . . . Every year, I make a plan. I do it. It will be done." — **Arnold Schwarzenegger**

1. With his reputation on the line, Schwarzenegger pulled out all the stops to win over (from left) Boyer Coe, Roger Walker, Roy Callender, Mike Mentzer, Frank Zane and Chris Dickerson.
2. Dickerson (far right) would take second to Schwarzenegger in a controversial decision.

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I'll never forget seeing Arnold backstage shortly before the 1968 IFBB Mr. Universe competition in Miami. I had just brought him over from Austria to compete in America for the first time. I had been looking for a champion for bodybuilding — someone who could represent the sport the way Muhammad Ali represented boxing or Joe DiMaggio represented baseball. We had great bodybuilders to that point, but no one had really stood out as a leader.

So, there's Arnold, still dressed in his sweatsuit, just gazing at the winner's trophy—even caressing it. He was enthralled with that statue and what it represented, and that proved to me how much he wanted to win. I knew right then and there that he could become the greatest champion of all time.

Of course, he spoke very little English then, and being that he came from Europe and had received so much hype in advance of this contest, I wasn't sure if the other guys would take to him. That, to me, was the real test of whether or not Arnold could be a leader in bodybuilding.

As it turned out, the other guys loved him. Even though they didn't speak the same language, they all communicated just fine. He was so full of life and so positive that you couldn't help but like him. So, I knew that, in Arnold, I had found the guy who was going to help me take bodybuilding to the next level—and we did.



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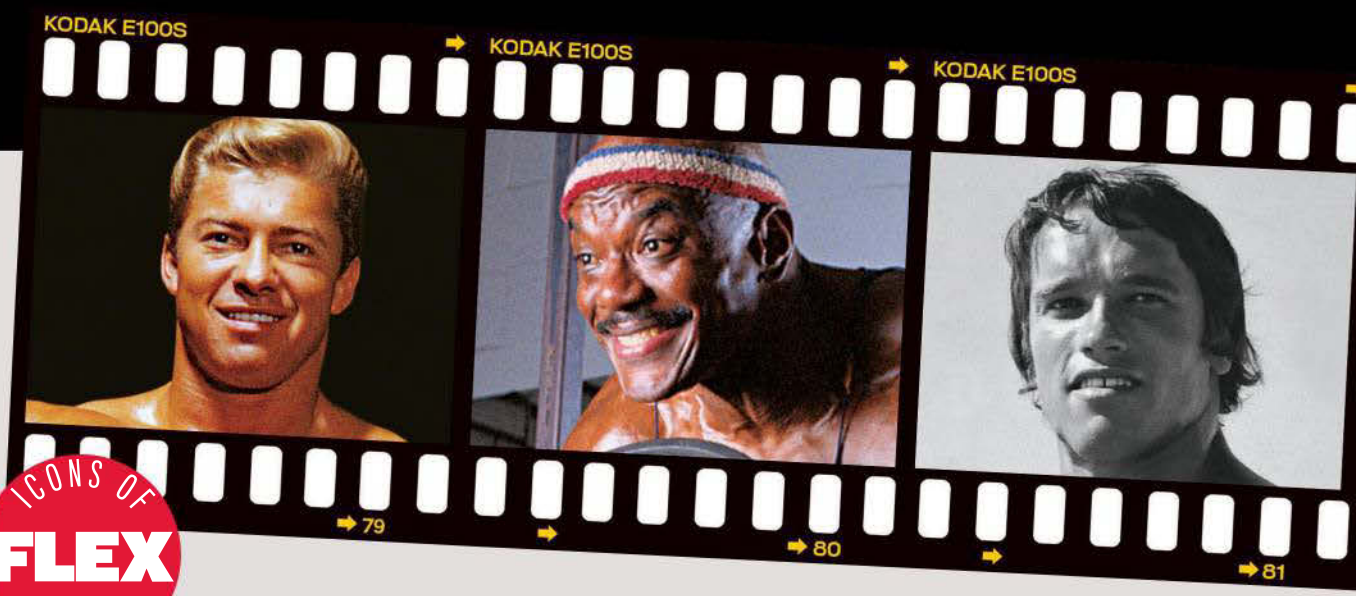
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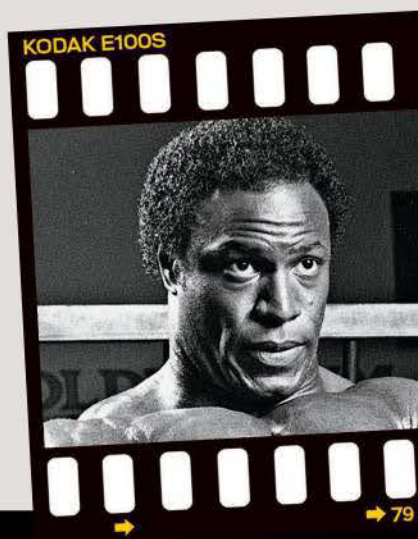
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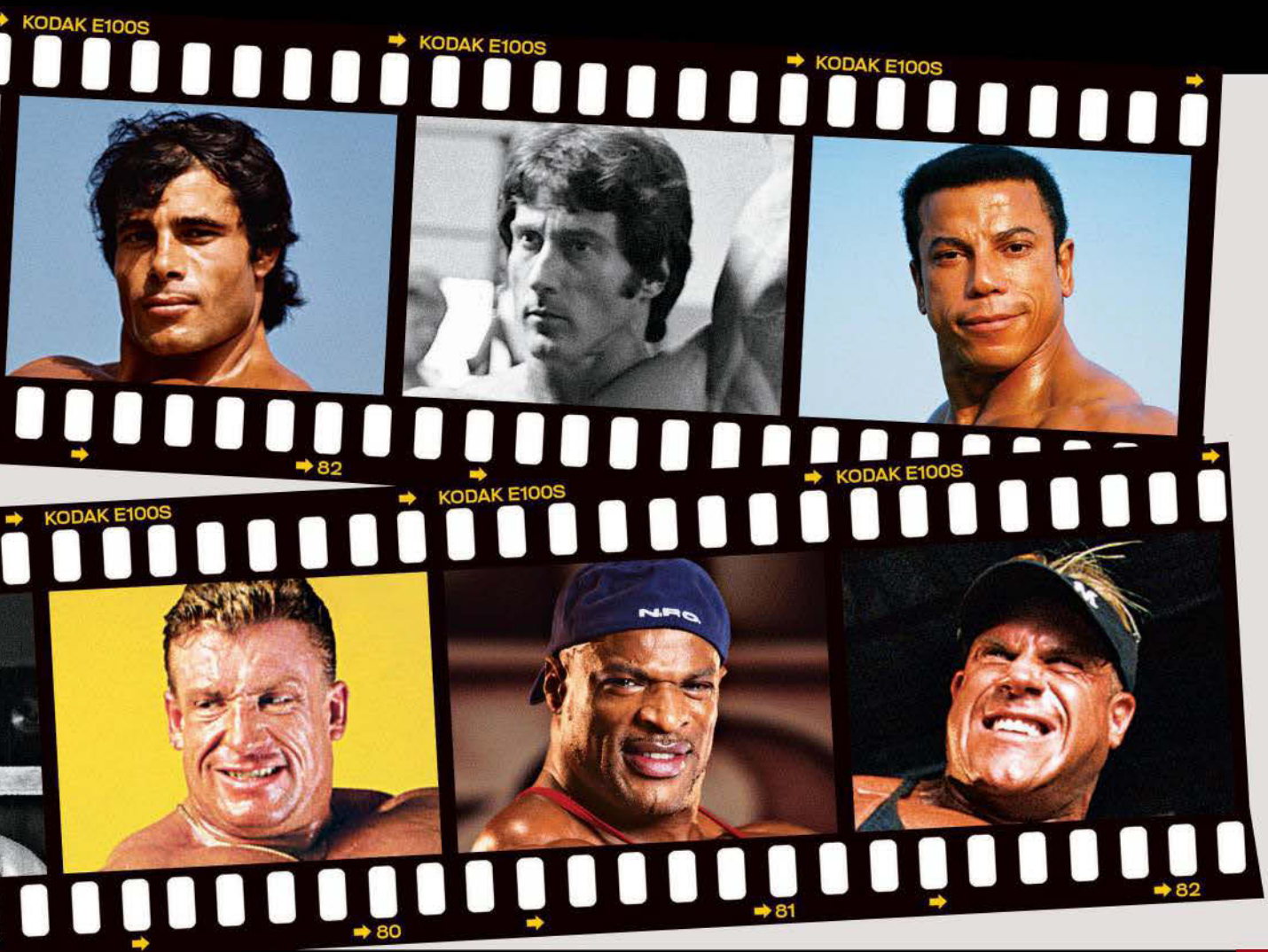


To be the best, you need to learn from the best–10 Olympia champions present their greatest workouts of all time.

BY JULIAN SCHMIDT SENIOR WRITER

PHOTOS COURTESY OF
WEIDER HEALTH AND FITNESS

A.D. OLYMPIA



EDITOR'S NOTE: THIS ARTICLE IS PUBLISHED AS IT ORIGINALLY APPEARED IN THE U.S.EDITION OF *FLEX*'S OCTOBER 2007 ISSUE.

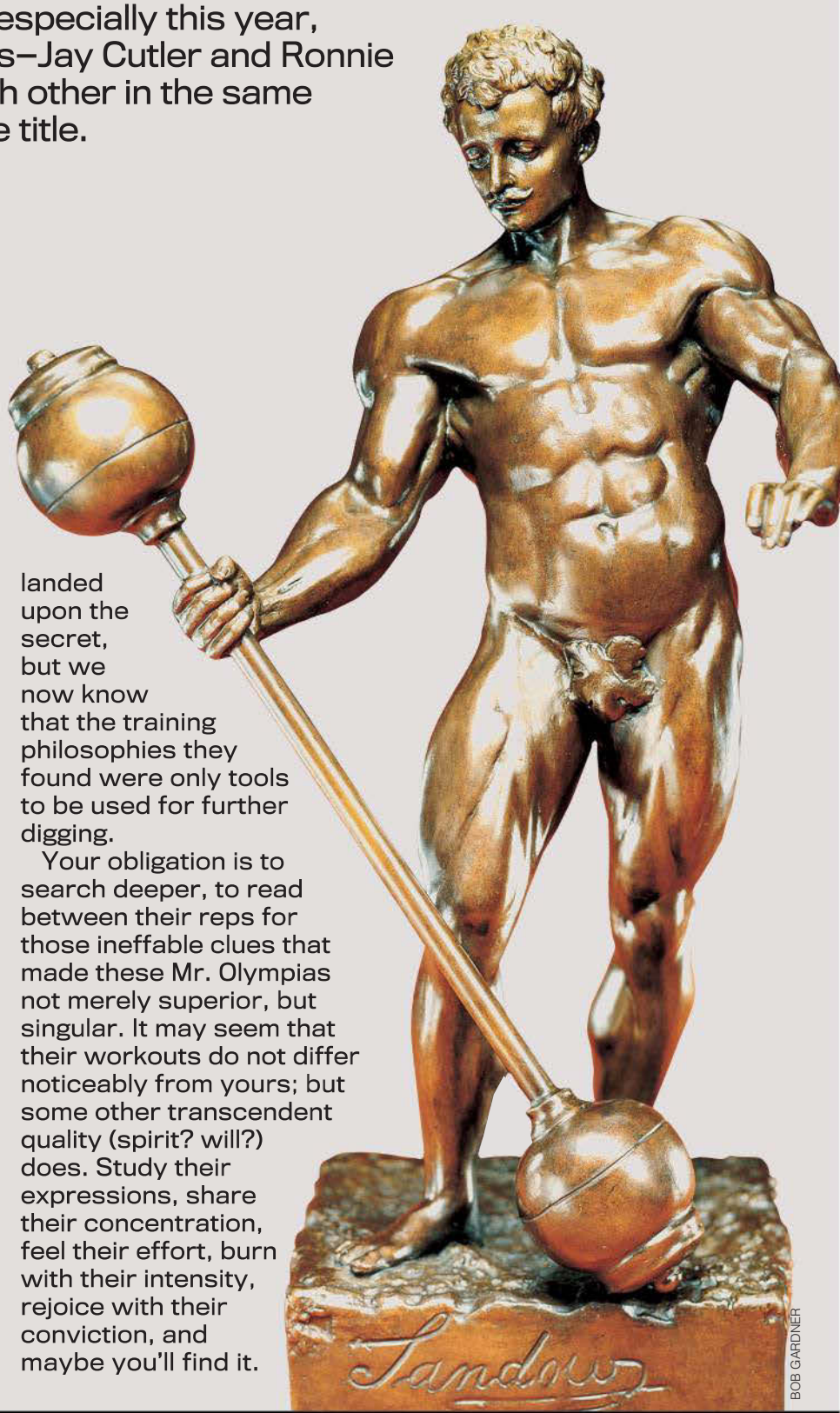
This is a trip to the top of the mountain, to sit in awe at the feet of 10 Mr. Olympias who rule that firmament, and to feed off their wisdom. It's a privilege not to be taken lightly, especially this year, when two Mr. Olympias—Jay Cutler and Ronnie Coleman—will face each other in the same contest for the ultimate title.

This is the first time a defeated Mr. Olympia (eight-time champ Coleman lost to Cutler in 2006) has competed the following year against the man who took his crown. Although both men now share Mr. Olympia status, their training prin ciples and techniques are different, the only similarity being that these methods were equally effective in making them the best in the world.

So it goes for their Mr. Olympia antecessors, whose differing training methods still carried them to the same zenith. In hopes of distilling the common secret of their success, we present here sample workouts of 10 Mr. Olympias, so you can compare their styles.

You may ask why the workouts of these Olympia champs aren't more similar. The answer is that it's human nature to always look for an edge. Training philosophies are not so much an evolution as they are a search: the 1960s and 1970s were characterized by high volume, low reps and supersets; the 1980s, low volume and high intensity; and the 1990s ushered in the age of fixed-vector, high-tech recuperative training. The men in each of those decades assumed they had landed upon the secret, but we now know that the training philosophies they found were only tools to be used for further digging.

Your obligation is to search deeper, to read between their reps for those ineffable clues that made these Mr. Olympias not merely superior, but singular. It may seem that their workouts do not differ noticeably from yours; but some other transcendent quality (spirit? will?) does. Study their expressions, share their concentration, feel their effort, burn with their intensity, rejoice with their conviction, and maybe you'll find it.



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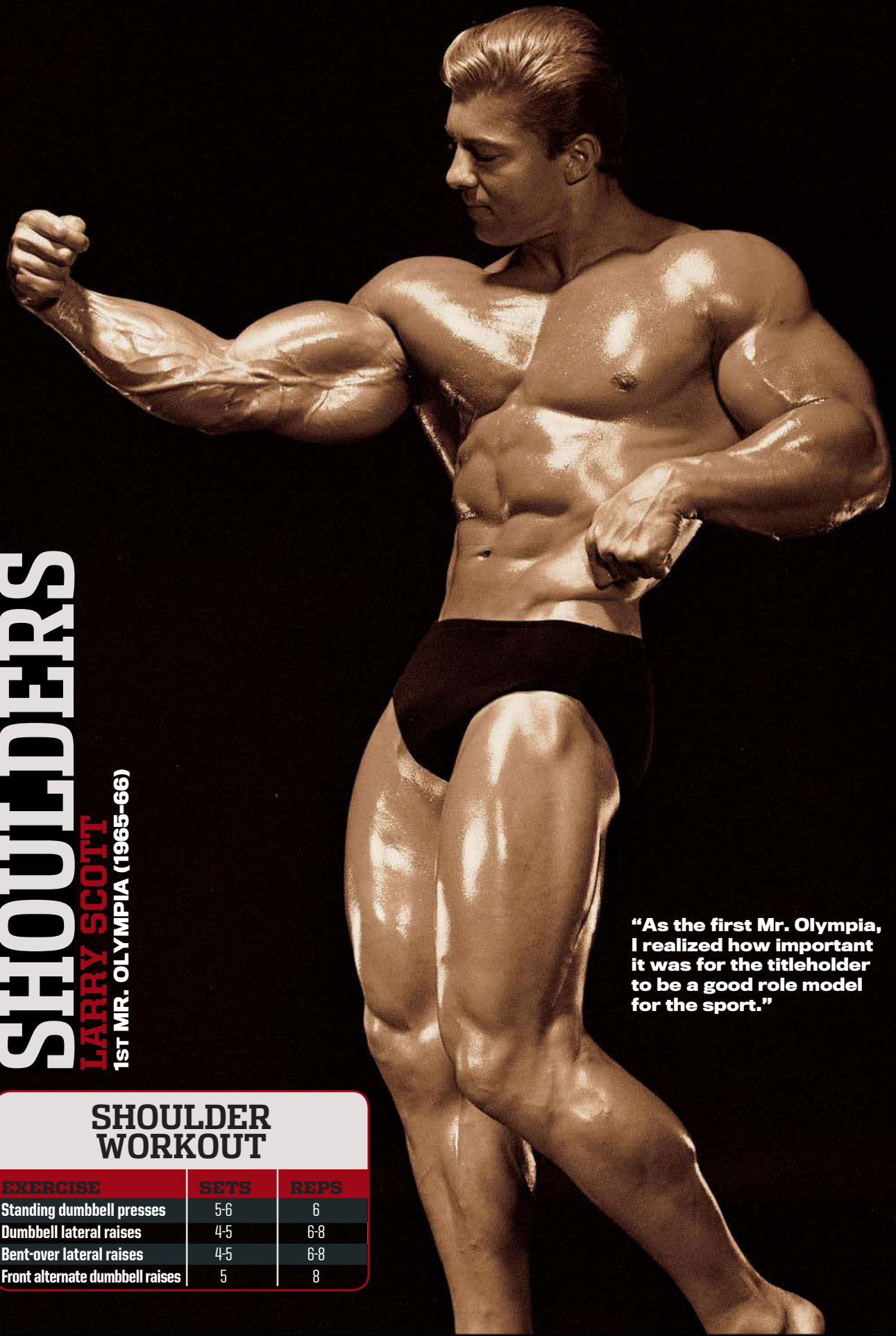
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SHOULDERS

LARRY SCOTT

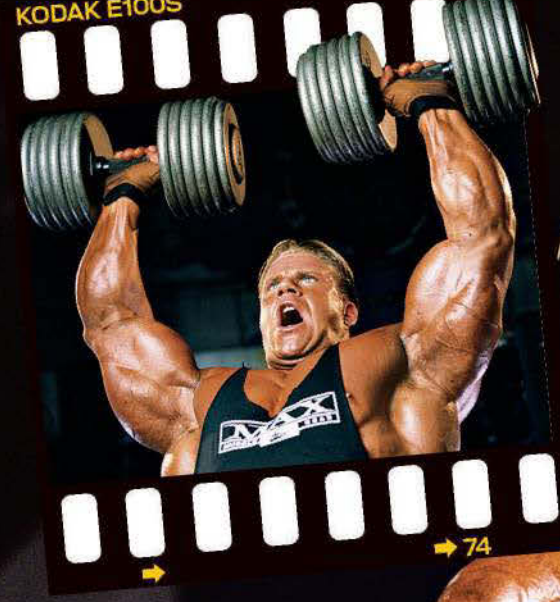
1ST MR. OLYMPIA (1965–66)



"As the first Mr. Olympia, I realized how important it was for the titleholder to be a good role model for the sport."

SHOULDER WORKOUT

EXERCISE	SETS	REPS
Standing dumbbell presses	5-6	6
Dumbbell lateral raises	4-5	6-8
Bent-over lateral raises	4-5	6-8
Front alternate dumbbell raises	5	8



JAY CUTLER

11TH MR. OLYMPIA (2006)

"People were out of their chairs, high-fiving each other, and the place just exploded. There was so much chaos, but my only reaction at that moment was thinking that I had to acknowledge Ronnie Coleman."

SHOULDER WORKOUT

EXERCISE	SETS	REPS
Seated dumbbell lateral raises	2* 4	12 10
Seated dumbbell presses	3	8-10
One-arm behind-the-back cable lateral raises	3	10
Barbell front raises	3	10
Reverse pec-deck flyes	3	10
High-pulley reverse crossovers	3	10

* *Warm-up sets*

CHRIS LUND

SHOULDERS

LARRY SCOTT
1ST MR. OLYMPIA (1965-66)

"The deltoids require real punishment to grow," Scott insists. That's his justification for every conceivable tortured variation of his favourite shoulder exercise: dumbbell presses. He did them up the rack or up and down the rack for six heavy sets, always finishing with burn sets (nonstop repeat sets, until no more movement of the dumbbell was possible). For some exercises, he'd go "light," which meant eight reps to failure. Heavy sets were a maximum of six, followed by a transition into those accursed burns.

That was just the beginning. Scott would then further bedevil his delts with another 14 blistering sets of dumbbell work, always capped by burns.

SCOTT TALKS SHOULDERS

I wasn't blessed with great shoulder width, and had to really work to cap my delts. Here are the fundamentals of how I did it.

- You need to cheat a little during lateral raises. That sounds like heresy from the past, but putting some body English into the lift, then resisting it strongly on the descent, forces more growth-stimulating stress onto the lateral head. This process needs to be completed quickly, so use a lot of weight and low reps. The current fad is to isolate that head and then pump it to death, but that does not sufficiently tear down the fibres.
- Train delts more often than larger bodyparts; they can take it. As a small and complex muscle group, they recover quickly. In my day, most of us trained our deltoids a minimum of twice a week, and usually three times a week.

JAY CUTLER
11TH MR. OLYMPIA (2006)

"I'm a big believer in pumping the muscle before getting into the meat of the training," Cutler declares. "That's the reason I begin my shoulder workout with dumbbell lateral raises. They really get the blood flowing, and they're a good pre-exhaustion exercise."

Cutler believes a pumped muscle responds better to heavier weights, and his final four sets are as heavy as he can make them for 10 reps each. That number may seem high to the normal mortal, but Cutler does laterals with weights most guys can't press.

"Basically, I keep my elbows higher than my hands," he says, "and that enables me to feel it in all three heads of my deltoids." He allows that many disagree with this form, but he believes you should experiment to find the unique technique for your own structure that triggers the best response from your entire shoulder area.

CUTLER TALKS SHOULDERS

- People try to make the case for heavy training with low reps, but it has been proven by science and in the gym that a muscle responds best to volume, so I apply that principle to my shoulders in terms of both reps (eight to 10) and sets (a total of 21).
- "Meat-and-potatoes exercises" is my philosophy, and for shoulders, that means seated dumbbell presses. It's the one exercise in my shoulder routine where I use very heavy weight, which means starting with 54 kg and going up to 68s. I prefer dumbbells for their unilateral movement: each arm works independently, so I can overcome asymmetrical weaknesses.
- For barbell front raises, make sure you lift with the anterior head of your delts, not with your traps. Also avoid reverse curling with your forearms; instead, use your hands as hooks, as if the barbell is hanging from them. This forces your delts to do the work.
- The majority of people need to do more rear-delt work, but the weight must be heavy, in the eight- to 10-rep range.





- For one-arm dumbbell front raises, bring the dumbbell up horizontally and keep it directly in front of the anterior head of your delt, so that your sightline, when you're looking straight ahead, passes directly over the inner plates of the dumbbell.
- Use free weights as much as possible for all three heads. Overisolating the delts fails to adequately fill in the interstices among the various heads.
- Keep the dumbbells parallel at all times. If they tilt to one side, resistance shifts away from the deltoids to the traps or back.

(RIGHT) CHRIS LUND

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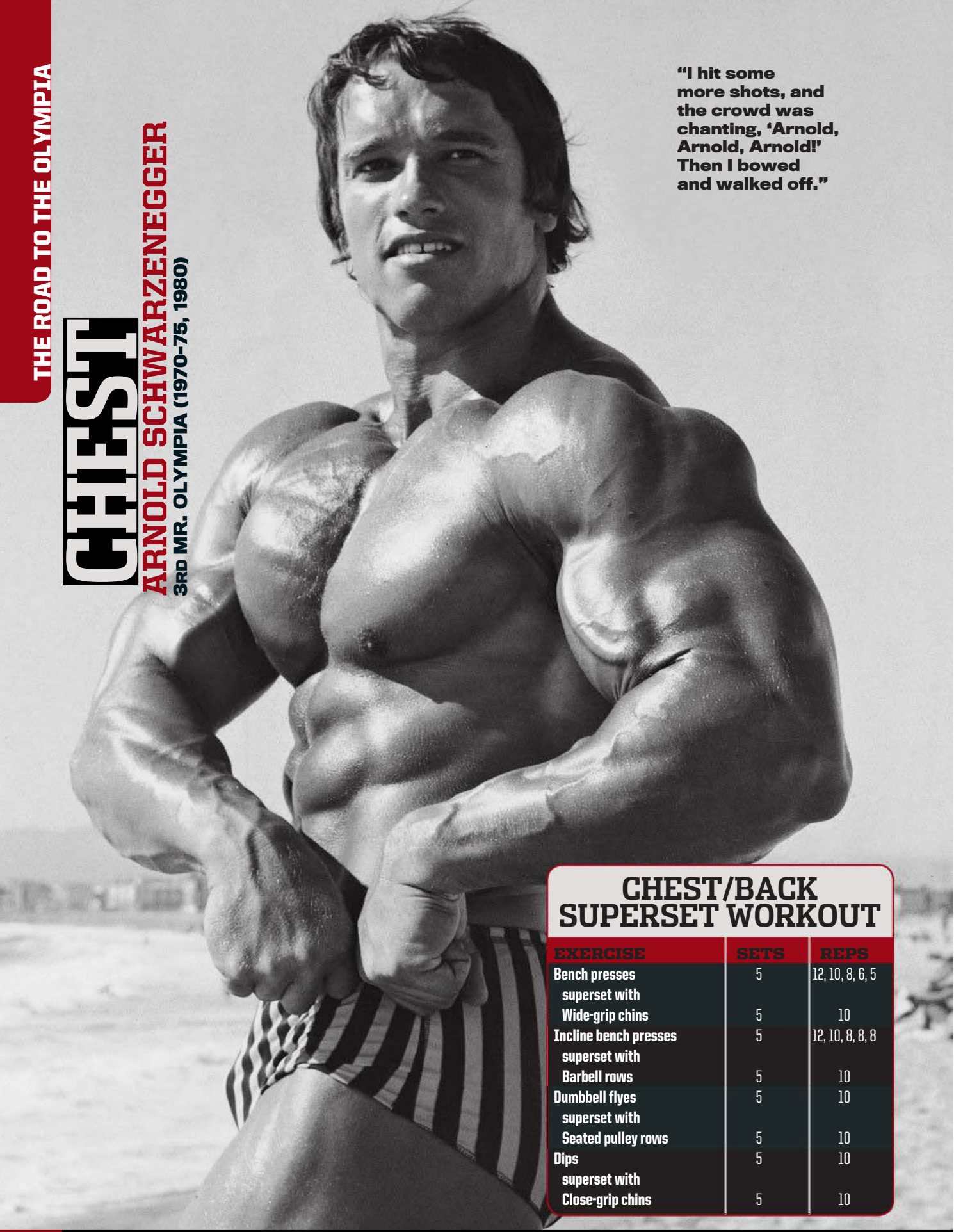
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CHEST!

ARNOLD SCHWARZENEGGER

3RD MR. OLYMPIA (1970–75, 1980)



"I hit some more shots, and the crowd was chanting, 'Arnold, Arnold, Arnold!' Then I bowed and walked off."

CHEST/BACK SUPERSET WORKOUT

EXERCISE	SETS	REPS
Bench presses	5	12, 10, 8, 6, 5
superset with		
Wide-grip chins	5	10
Incline bench presses	5	12, 10, 8, 8, 8
superset with		
Barbell rows	5	10
Dumbbell flyes	5	10
superset with		
Seated pulley rows	5	10
Dips	5	10
superset with		
Close-grip chins	5	10



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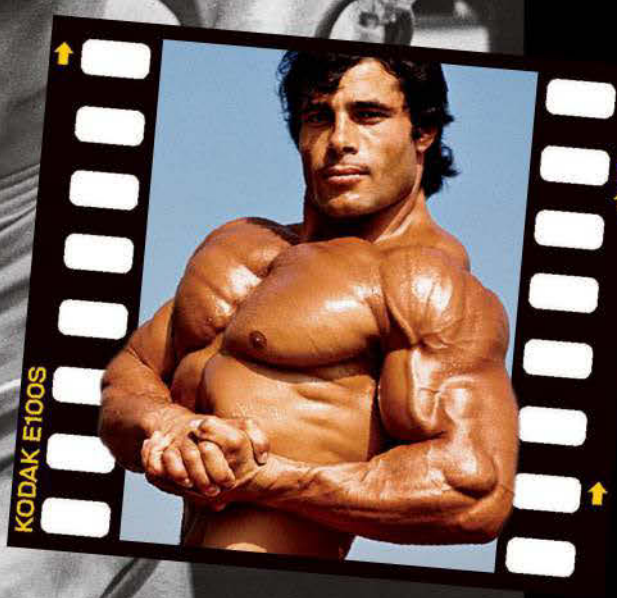
FRANCO COLUMBU

4TH MR. OLYMPIA (1976, 1981)

"What makes the Mr. Olympia – the contest and the winner – so great is how the event forces physique standards to improve year by year."

CHEST WORKOUT

EXERCISE	SETS	REPS
Bench presses	3	15, 10, 4
superset with		
Cable crossovers	3	20
Flat dumbbell flyes	3	20, 15, 6
superset with		
Cable crossovers	3	20
Incline barbell presses	3	15
giant set with		
Barbell pullovers	3	15
Parallel bar dips	3	Failure
Cable crossovers	3	25




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RONNIE COLEMAN

10TH MR. OLYMPIA (1998-2005)

"More than anything, what I felt the first time I won, as well as every time thereafter, was a sense of achievement, a validation of the hard work I've put in for so many years."

CHEST WORKOUTS

EXERCISE	SETS	REPS
WEDNESDAY		
Bench presses	5	8-12
Incline barbell presses	3	12
Flat dumbbell presses	3	12
Flat dumbbell flyes	4	10
SATURDAY		
Incline dumbbell presses	4	12
Decline barbell presses	3	8
Incline dumbbell flyes	3	10
Decline dumbbell presses	3	10

CHRIS LUND

CHEST

ARNOLD SCHWARZENEGGER

3RD MR. OLYMPIA (1970–75, 1980)

Schwarzenegger's preference for supersetting chest with back in the same workout is soundly logical. Think of those two massive muscle groups as opposite sides of the same bodypart working with each other in an antagonistic manner: i.e., as the chest expands, the lats contract, and vice versa.

That same antagonistic function occurs within each of those muscle groups: it's particularly noticeable in Schwarzenegger's bench-pressing style, where he draws his shoulders back and his scapulae (shoulder blades) together underneath him as he expands his chest, like the diastrophic creation of a mountain, as high as possible to meet the descending barbell. This form is in dramatic contrast to today's dictum, which promotes keeping the back flat against the bench for strict isolation of the pecs, as opposed to Schwarzenegger's style, which favours as much movement of the pecs as possible.

SCHWARZENEGGER TALKS CHEST

- No girly-man workouts of training a bodypart only once a week. Use a double-split routine, training twice a day, six days a week, hitting each bodypart every other day (three times a week). Also, no heavy day/light day cop-outs. Make it heavy and high-volume every time.
- Work the chest from every direction. I don't mean by changing the angle; I mean from 90 or 180 degrees. Do everything from bench presses to dips to pullovers, with inclines thrown in.

FRANCO COLUMBU

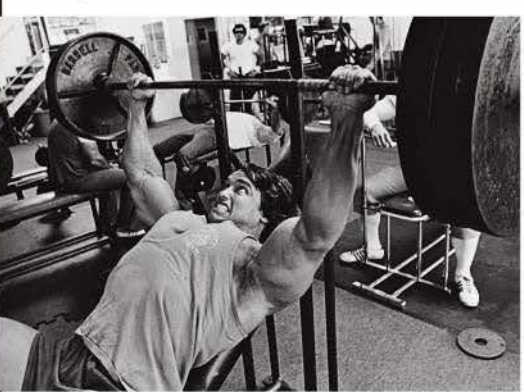
4TH MR. OLYMPIA (1976, 1981)

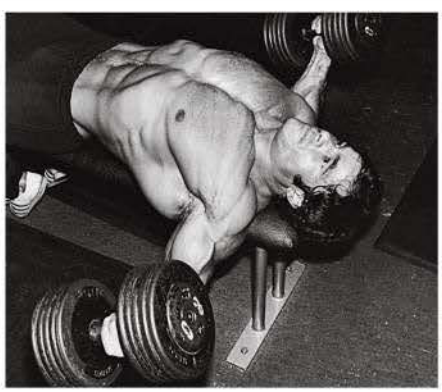
We can now look back and understand, by comparison, why the first two decades of Mr. Olympias advocated supersets and giant sets for just about everything. Columbu employed both, and putatively had the most densely muscled and striated chest of them all. We're also talking incomparable volume: a minimum of 24 sets per workout, alternating between three times one week, and twice the next. His reps also ran the gamut from 25 down to four, thanks to his powerlifting background.

Columbu's unique twist on supersetting was to follow each heavy free-weight set with cable-crossover burnout sets that would engorge every vessel in his chest and leave no muscle fibre—red, white, green or fuchsia—untouched.

COLUMBU TALKS CHEST

- Supersets and giant sets require that you mentally steel yourself to take your initial heavy, free-weight movement to absolute failure, while also reminding yourself that you won't have a chance to rest after that, because you'll immediately have to regenerate maximum intensity for the following burnout sets. Warning: you've never trained this hard in your life, and you'll never get better results.
- Instead of a dumbbell for pullovers, use a barbell. It requires more stabilizing strength; therefore, it builds more overall chest density.







RONNIE COLEMAN

10TH MR. OLYMPIA (1998–2005)

"The chest is such a vast muscle group that, in order to reach all its fibres, it must be trained (a) twice a week, with (b) every compound exercise possible, (c) using high reps but (d) extremely heavy weight in (e) alternating workouts, one for power, and the other for muscle separation," Coleman says.

That sounds a bit more radical than it is in practice, because Coleman's alternating workouts may differ dramatically or minimally: all exercises may change, or they may remain the same but with a different angle for one movement.

- Coleman explains another of his principles: "My offseason routine *is* my precontest routine. That's how I can take the stage without diminished mass."

COLEMAN TALKS CHEST

- Use an extreme range of motion for every repetition. That's what develops the muscle over its entire length, and especially builds fullness and separation at both insertions.
- The most offseason mass in the shortest time is produced by 12-rep sets.
- Use a wide grip on the barbell, to really stretch and separate the pec muscles.
- Do lots of dumbbell movements, every which way: presses, flyes, angles, etc.

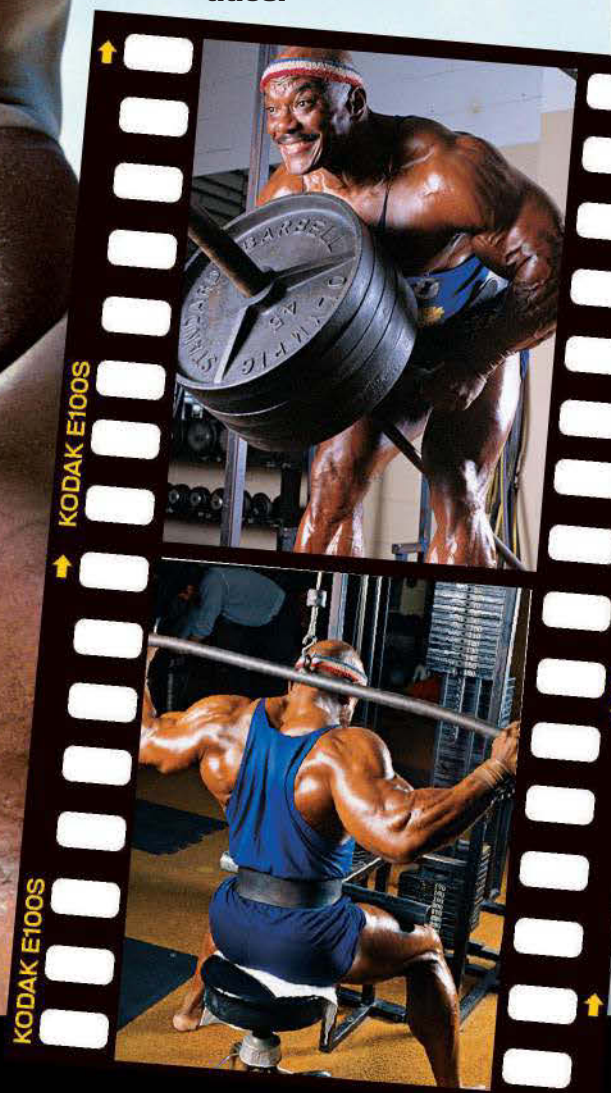
(FAR RIGHT) CHRIS LUND

BACK

SERGIO OLIVA

2ND MR. OLYMPIA (1967-69)

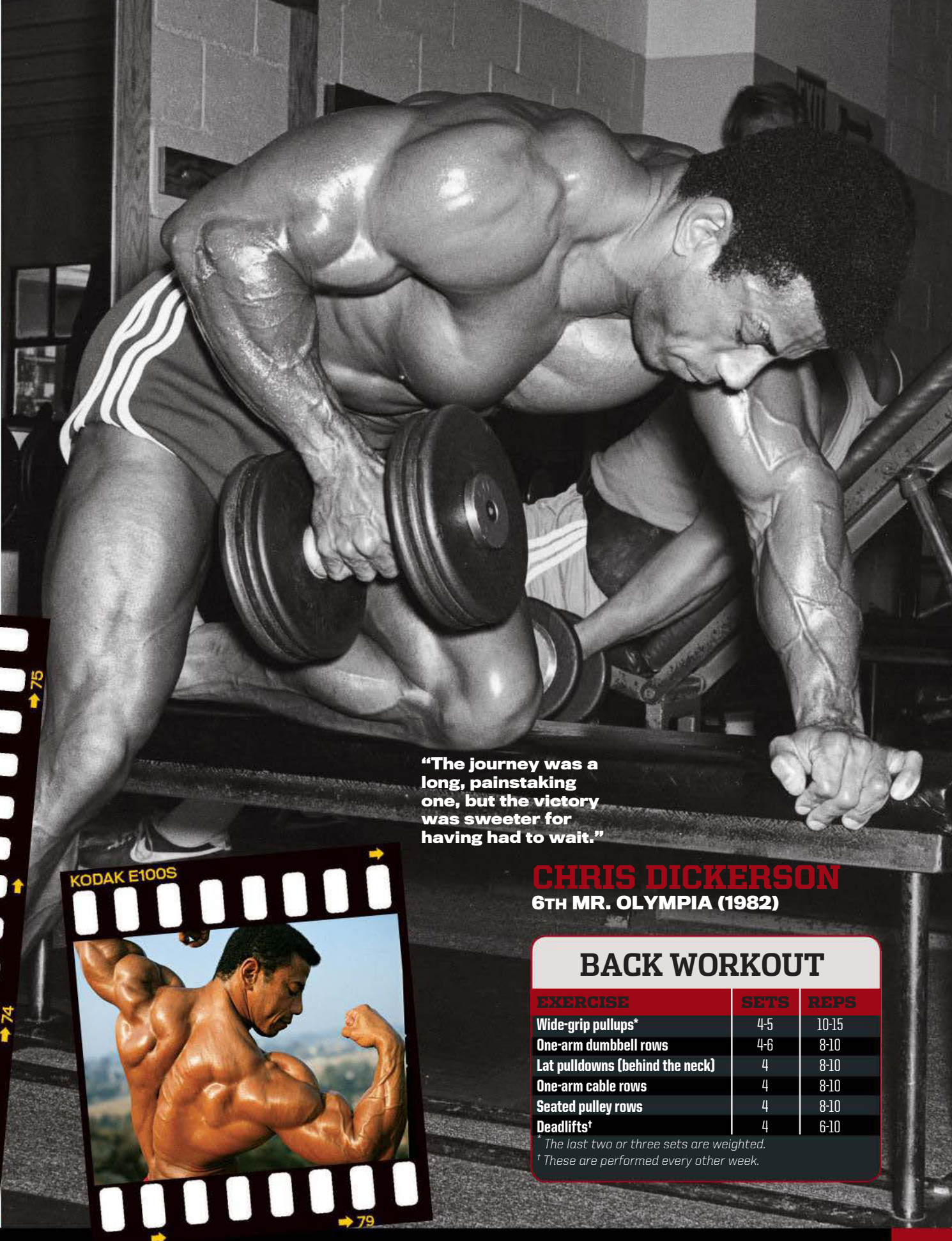
"Being Mr. Olympia carried a magic completely different from that associated with other [bodybuilding] titles."



BACK WORKOUT

EXERCISE	SETS	REPS
Wide-grip pullups*	4	10
Chins	4	10
Lat pulldowns*	3-4	6-8
Seated pulley rows†	3-4	6-8
Wide-grip deadlifts/ good mornings‡	3-4	8-10
T-bar row/machine pullovers‡	3-4	8-10

* *Oliva alternated between touching the bar to the front of his head in one set and behind his neck the next.*
† *Oliva alternated between wide grip and narrow grip from set to set.*
‡ *Oliva alternated between the two exercises from set to set.*



"The journey was a long, painstaking one, but the victory was sweeter for having had to wait."

CHRIS DICKERSON

6TH MR. OLYMPIA (1982)

BACK WORKOUT

EXERCISE	SETS	REPS
Wide-grip pullups*	4-5	10-15
One-arm dumbbell rows	4-6	8-10
Lat pulldowns (behind the neck)	4	8-10
One-arm cable rows	4	8-10
Seated pulley rows	4	8-10
Deadlifts†	4	6-10

* *The last two or three sets are weighted.*

† *These are performed every other week.*

BACK

SERGIO OLIVA
2ND MR. OLYMPIA (1967-69)

Even today, some pundits assert that Oliva possessed bodybuilding's best-ever arms. But his back wasn't chopped liver. It exhibited upper-lat width that appeared to swallow his shoulders and upper arms, and seemed to be chewing its way down to his elbows. Much of that impression came from his propensity for vertical pulls of every kind: pullups, pulldowns, chins, you name it. The rest of his exercises were holdovers from his powerlifting days, pulling from the other direction: deadlifts, T-bar rows, etc.

Oliva credits most of his back width and thickness to performing near-maximum deadlifts while he was a powerlifter, but when he changed to bodybuilding, he realized his technique had to change – moderately, that is. He reoriented his focus to specific muscle areas, and increased his reps only enough to build an isolated pump. Even then, reps usually remained in the single digits.

OLIVA TALKS BACK

- A bodybuilding back requires bodybuilding movements, which means weight resistance against the specific muscle or muscles you're trying to build.
- If you're looking for the secret, it's one word: volume. The back, especially, needs at least two-dozen heavy sets per workout.
- For chins, do not go all the way up or try to touch your chest to the bar. That doesn't make your back bigger; it only makes you tired. Chins, like any back exercise, are for size and should be done with very heavy weight in the midrange of motion.
- For back strength, erector thickness and protective safety, perform deadlifts and back extensions in every workout.

CHRIS DICKERSON
6TH MR. OLYMPIA (1982)

Chris Dickerson was probably the most assiduous student of back development out of any of his peers. He had to be, he explains, because, "I had certain natural talents for bodybuilding, but the ability to develop an Olympia-sized back was not among them." With concerted attention to long stretches and strenuous squeezes at the top of his pullups, as well as full extensions and peak contractions during various rowing movements, he completed his package and left no room for doubt in claiming the Sandow.

DICKERSON TALKS BACK

- Use weight for the last two or three sets of pullups.
- For pullups, raise your body only by contracting your lats, not by pulling yourself up with biceps power.
- For vertical pulls (pullups, chins, pulldowns), squeeze and flex all those individual muscles in your upper and middle back, contracting them against each other until they burn; it's the only way to add separation and muscularity to your upper back for that all-important rear double-biceps pose.
- Add deadlifts to your workout every other week; they're essential for erector thickness and back depth.
- For any rowing movement, let your shoulders be pulled all the way forward, for maximum lat extension. As you pull backward, try to touch your scapulas together, for more detailed development.
- Continuous tension is the most important training principle. Use it for everything.
- Prioritise weaker bodyparts by training them first.



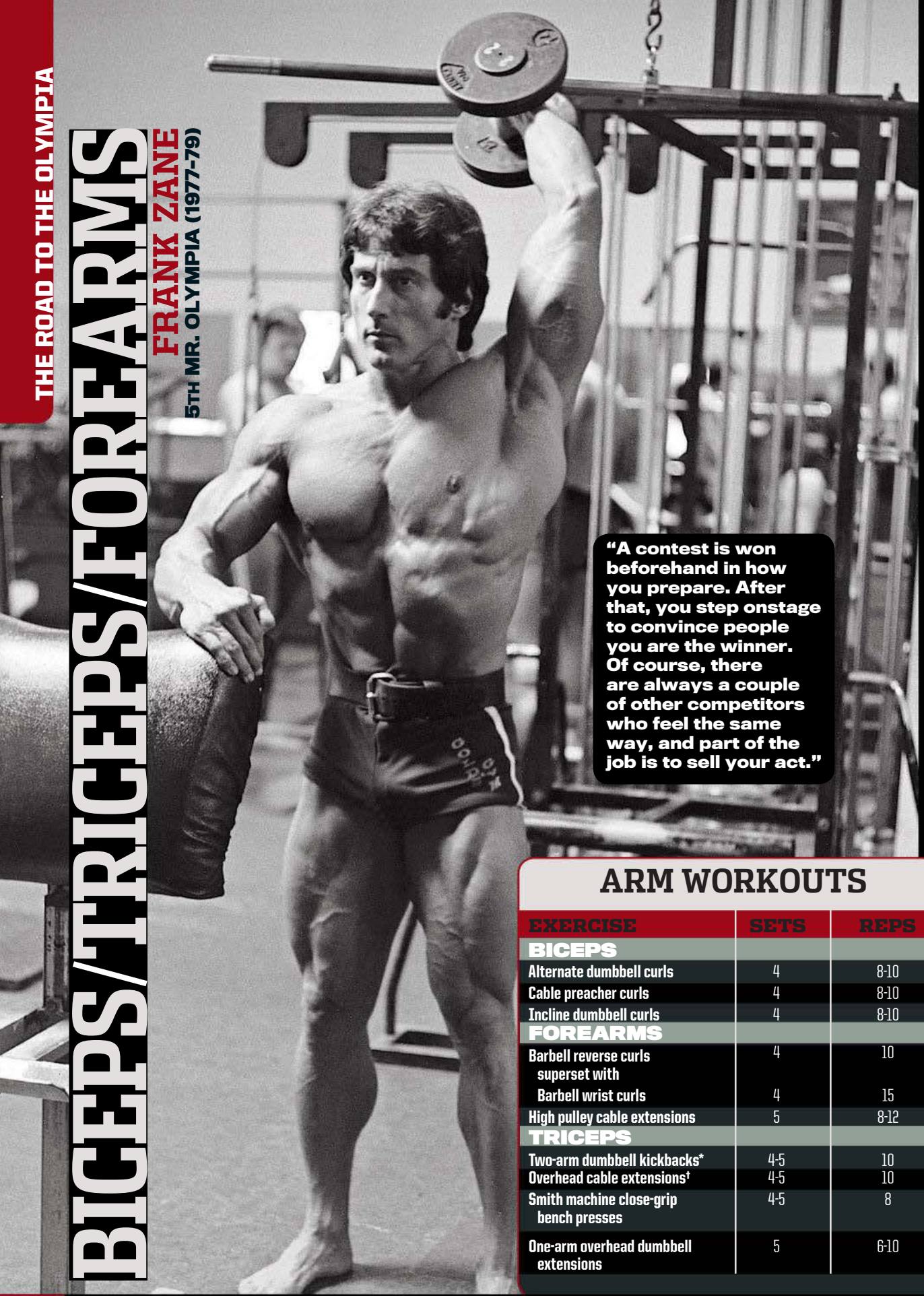



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BICEPS/TRICEPS/FOREARMS

FRANK ZANE

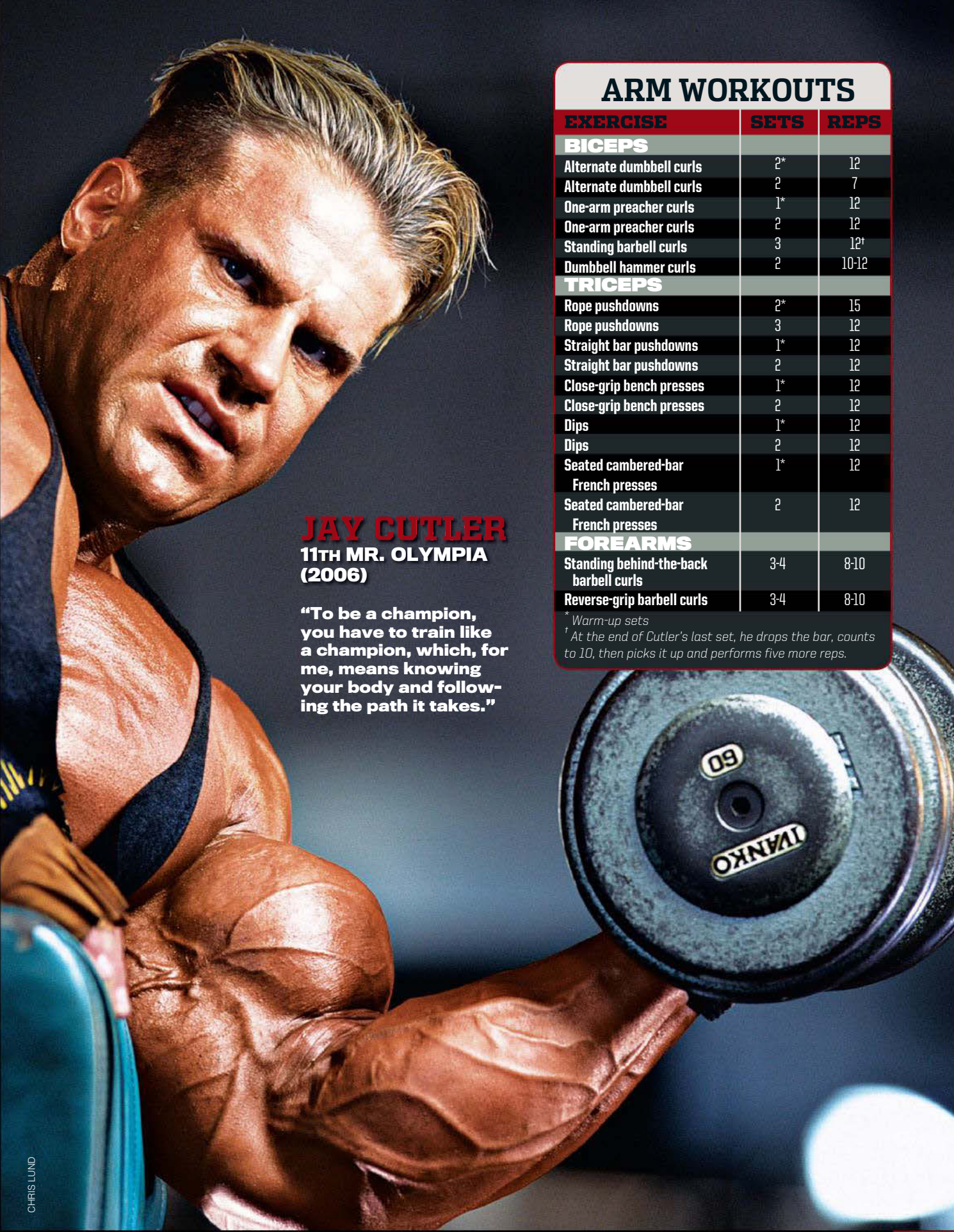
5TH MR. OLYMPIA (1977–79)



"A contest is won beforehand in how you prepare. After that, you step onstage to convince people you are the winner. Of course, there are always a couple of other competitors who feel the same way, and part of the job is to sell your act."

ARM WORKOUTS

EXERCISE	SETS	REPS
BICEPS		
Alternate dumbbell curls	4	8-10
Cable preacher curls	4	8-10
Incline dumbbell curls	4	8-10
FOREARMS		
Barbell reverse curls superset with	4	10
Barbell wrist curls	4	15
High pulley cable extensions	5	8-12
TRICEPS		
Two-arm dumbbell kickbacks*	4-5	10
Overhead cable extensions†	4-5	10
Smith machine close-grip bench presses	4-5	8
One-arm overhead dumbbell extensions	5	6-10



JAY CUTLER

11TH MR. OLYMPIA (2006)

"To be a champion, you have to train like a champion, which, for me, means knowing your body and following the path it takes."

ARM WORKOUTS

EXERCISE	SETS	REPS
BICEPS		
Alternate dumbbell curls	2*	12
Alternate dumbbell curls	2	7
One-arm preacher curls	1*	12
One-arm preacher curls	2	12
Standing barbell curls	3	12†
Dumbbell hammer curls	2	10-12
TRICEPS		
Rope pushdowns	2*	15
Rope pushdowns	3	12
Straight bar pushdowns	1*	12
Straight bar pushdowns	2	12
Close-grip bench presses	1*	12
Close-grip bench presses	2	12
Dips	1*	12
Dips	2	12
Seated cambered-bar French presses	1*	12
Seated cambered-bar French presses	2	12
FOREARMS		
Standing behind-the-back barbell curls	3-4	8-10
Reverse-grip barbell curls	3-4	8-10

* *Warm-up sets*

† *At the end of Cutler's last set, he drops the bar, counts to 10, then picks it up and performs five more reps.*

CHRIS LUND

BICEPS/TRICEPS/FOREARMS

FRANK ZANE
5TH MR. OLYMPIA (1977-79)

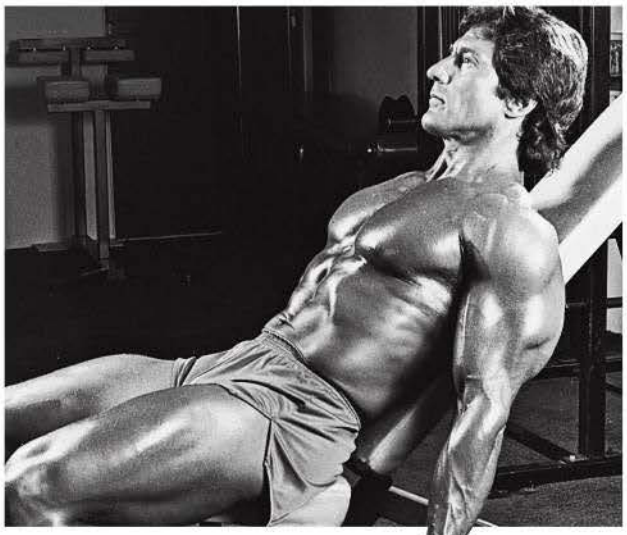
Muscularity is the qualifier for a Mr. Olympia, but proportionality, asserts Zane, wins the title. Even now, he is considered the beau ideal of bodybuilding aesthetics. "When you speak of balance and proportions," explains the former maths teacher, "those qualities must apply to all levels of the body: upper body/lower body, proximal-distal symmetry, relativity of muscle groups, and even something as specific as biceps-triceps-forearm ratio."

While training with Schwarzenegger, Zane's arm development accelerated as he focused on improving his biceps peak by means of peak-contracted dumbbell curls, and balancing them with more triceps mass built through close-grip benches and heavy dumbbell extensions.

"Until 1977," he continues, "I used lots of light pumping movements, but after Joe Weider told me to increase my poundages, I was able to build and retain more mass and win the Mr. Olympia."

ZANE TALKS ARMS

- Prioritise the lagging bodypart by training it three times a week and first in your workout.
- Reduce your sets, in order to use heavier weights. Three or four exercises of three or four sets gave me the best growth.
- For arms, one warm-up set will do; then, get right into your max sets of eight to 10 reps, forcing the last two.



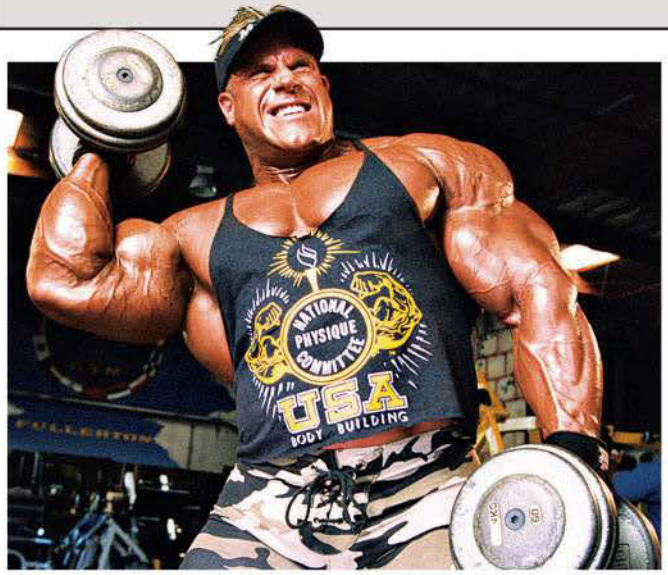


JAY CUTLER
11TH MR. OLYMPIA (2006)

"My training style is very explosive, with very fast repetitions, almost to the point where it's sloppy, but it's the highest-intensity shock training possible," Cutler proudly asserts. "Arnold [Schwarzenegger] said, 'Just get the weight up.' I don't go crazy heavy, to the point where nothing is being worked, but the more speed I force against the weight, the heavier I make it and the harder the contraction.I can even isolate a muscle more with this technique."

CUTLER TALKS ARMS

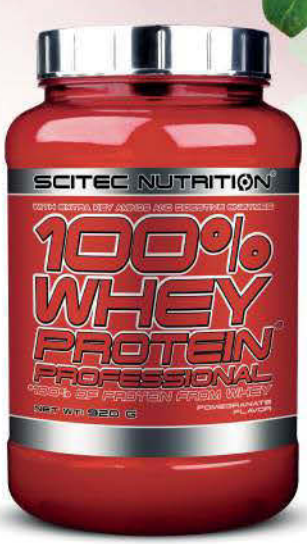
- I like pairing biceps and forearms with triceps to a certain point, but since I train twice a day, I get concerned that, with time, I might be doing too much for arms. When I feel that coming on, I'll change to training each of them with another bodypart on a split day, usually biceps with chest and triceps with shoulders.
- If you have really wide shoulders, like mine, you need to have very big arms; otherwise, they can get lost if the focus is on your delts. In other words, if you have big delts, it's almost impossible to have arms that are too big.
- I like one-arm dumbbell preacher curls and alternate dumbbell curls for prefatiguing my biceps prior to the essential core movement of standing barbell curls.
- The good thing about triceps is that there are so many good movements from many directions: pushdowns, overhead extensions, dips, lying French presses, kickbacks and more. Do them all.



- Train forearms the same as any other bodypart: at least two exercises for three or four sets of eight to 10 reps.

(RIGHT) CHRIS LUND





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LEGS

LEE HANEY

8TH MR. OLYMPIA (1984-91)

LEG WORKOUTS

EXERCISE	SETS	REPS
QUADS		
Leg extensions	4-5	12-15
Leg presses	4	10-12
Squats	4	4-10
HAMSTRINGS		
Lying leg curls	4	10-12
Stiff-leg deadlifts	3	8-10
Standing one-leg curls	3	10-12
CALVES		
Seated calf raises	5	6-15
Standing calf raises	5	6-15

"Should I never achieve anything else, I can say I took eight Olympia titles. When my kids grow into adults, they can look back and say, 'Yup! My daddy was the greatest bodybuilder of all time.'"



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"Two-hundred-pound (91 kg) guys can win other contests, but if you are going to say to the general public, 'This is Mr. O, the best bodybuilder in the world,' they are going to expect to see a big, big guy."

DORIAN YATES
9TH MR. OLYMPIA (1992-97)



LEG WORKOUTS

EXERCISE	SETS	REPS
QUADS		
Leg extensions	1*	15
Leg extensions	1*	12
Leg extensions	1	10-12
Leg presses	1*	15
Leg presses	1*	12
Leg presses	1	10-12
Hack or Smith machine squats	1*	15
Hack or Smith machine squats	1	10-12
HAMSTRINGS		
Lying leg curls	1*	15
Lying leg curls	1	8
Stiff-leg deadlifts	1*	12
Stiff-leg deadlifts	1*	10-12
CALVES		
Standing raises	1*	15
Standing raises	1	10-12
Seated raises	1	6-8

* *Warm-up sets*

CHRIS LUND. (INSET) RALPH DEHAAN



RONNIE COLEMAN
10TH MR. OLYMPIA (1998-2005)

"What I'm trying to do is make the most of what I've been given, which is my work ethic. That's not something you learn; you're born with it."

LEG WORKOUTS

EXERCISE	SETS	REPS
WORKOUT A		
Squats	5-6	8-12
Leg presses	4	8-10
Parking-lot lunges	2	100 yards
Stiff-leg deadlifts	3	12
Donkey calf raises	4	20
Seated calf raises	4	20
WORKOUT B		
Leg extensions	4	30
Front squats	4	12-15
Hack squats	3	12
Standing leg curls	3	12-15
Lying leg curls	4	12-15
Donkey calf raises	4	20
Seated calf raises	4	20

CHRIS LUND

LEE HANEY
8TH MR. OLYMPIA (1984-91)

"Optimum leg development requires power movements for the white part of the muscle cell, and rhythmic movements for the red part. If you back off from power movements precontest, or because of fear of injury or overtraining, the white part will gradually dissipate, so I keep power movements in my program all the way up to a show. Even though my style is a lot like a powerlifter's," Haney explains, "I am a bodybuilder, so my focus is on the sensation I'm creating in the muscle, rather than on the weight I'm lifting. If I decide to max out, I'll still do four reps on my own, with help from my spotter on two or three more.

"The ultimate power movement for legs is squats, but after training for many years, my knees could not take them as the first exercise in my workout, so I placed them third, following leg extensions and leg presses. My knees were then warmed up by the time I started using them for power squats."

HANEY TALKS LEGS

- Do not go deeper than parallel on squats. Any lower is hazardous for the knees and lower back, and works the glutes and hamstrings more than the quads.
- Once I developed good hamstring mass from lying leg curls and stiff-leg deadlifts, I switched to standing unilateral curls, which enabled me to allocate total intensity to each leg individually.
- Calves need more work than you can imagine. I used a three-on/one-off schedule, and I worked them every training day.

LEGS

DORIAN YATES
9TH MR. OLYMPIA (1992-97)

Yates learned that his upper body responded better to low reps, while his legs responded better to higher reps in the 10–12 or 10–15 range. "Each repetition," adds Yates, "is slow and controlled. I still use as much power as I did in my naïve early days, but I feed it in more gradually and through more repetitions. "There are many myths about squats, one being that everybody should do them and do them heavy. However, some of us have limb lengths that make squats awkward. That's why I do other exercises instead. Examine your leg exercises objectively to see which ones give your muscles the best workout. If squats are not in that mix, so be it."

YATES TALKS LEGS

- For leg extensions, do not explode so that your body rises off the bench. That's dangerous and ineffective (you're using leverage, not muscle contractions).
- I don't believe in changing foot positions for leg presses. Mine are slightly inside shoulder width, and pointed straight ahead.
- Use a full range of motion, slow and controlled, with every rep. On your heavy set, do two forced reps after failure.
- For hamstring curls, think in terms of full, long, slow, controlled extensions, and then a gradual contraction, increasing power as you go, with a maximum squeeze at the top.
- If your calves need prioritizing, train them at the beginning of your leg workout, instead of overtraining them with too many sets; however, use very heavy weight for no more than 10 reps to failure.







RONNIE COLEMAN
10TH MR. OLYMPIA (1998-2005)

"'Layered intensity' is the principle I use for legs," Coleman explains. "That means I hit them with heavy straight sets one week, then supersets and giant sets the next. With these variations, I don't have to change the exercises in workouts A and B, yet I can still satisfy my requirement of shocking the muscles differently each time.

"I count reps for every set, rather than counting on failure. Numbers commit me to a fixed goal; failure is open to interpretation (you can fail whenever you want). That numerical goal is always a minimum, my challenge being to see how far beyond it I can go.

"Getting a full range of motion is my aim for every other bodypart; not, however, for legs. They're so big and long that they need to be continuously pumped, without a lockout at the top of any rep. If I need to double my intended reps in order to get that pump, that's what I'll do; and if I need to superset and giant-set through the whole workout, I'll gladly go that route."

COLEMAN TALKS LEGS

- Ah, legs day. My favourite day. The most indispensable leg exercise is squats. Don't argue.
- Do a lot of sets. It's important to warm up, pyramiding gradually because your knees take lots of abuse from leg workouts.
- Use supersets and giant sets regularly. They keep the pump going.

(CENTER) CHRIS LUND, (RIGHT) KEVIN HORTON



IAN SPANIER

OLYMPIA WRAP

These 10 champions all charted individual routes to reach the same destination: the Mr. Olympia title and bodybuilding immortality. Their experiences provide a gleaming signpost for bodybuilders of all levels: there is not a one-size-fits-all programme for reaching individual goals. For your journey, you can analyze and learn from the personal odysseys of these 10 Mr. Olympias; that is their legacy to you, but don't become locked into a route in which you're going nowhere fast. Experiment – find what works and what doesn't work for you, so that eventually you formulate your own road map to travel the path to your personal peak. If the cumulative stories of these 10 Mr. Olympias teach us one thing, it is that the highway to bodybuilding success is best travelled as the driver, not the passenger. **FLEX**

SHOULDER

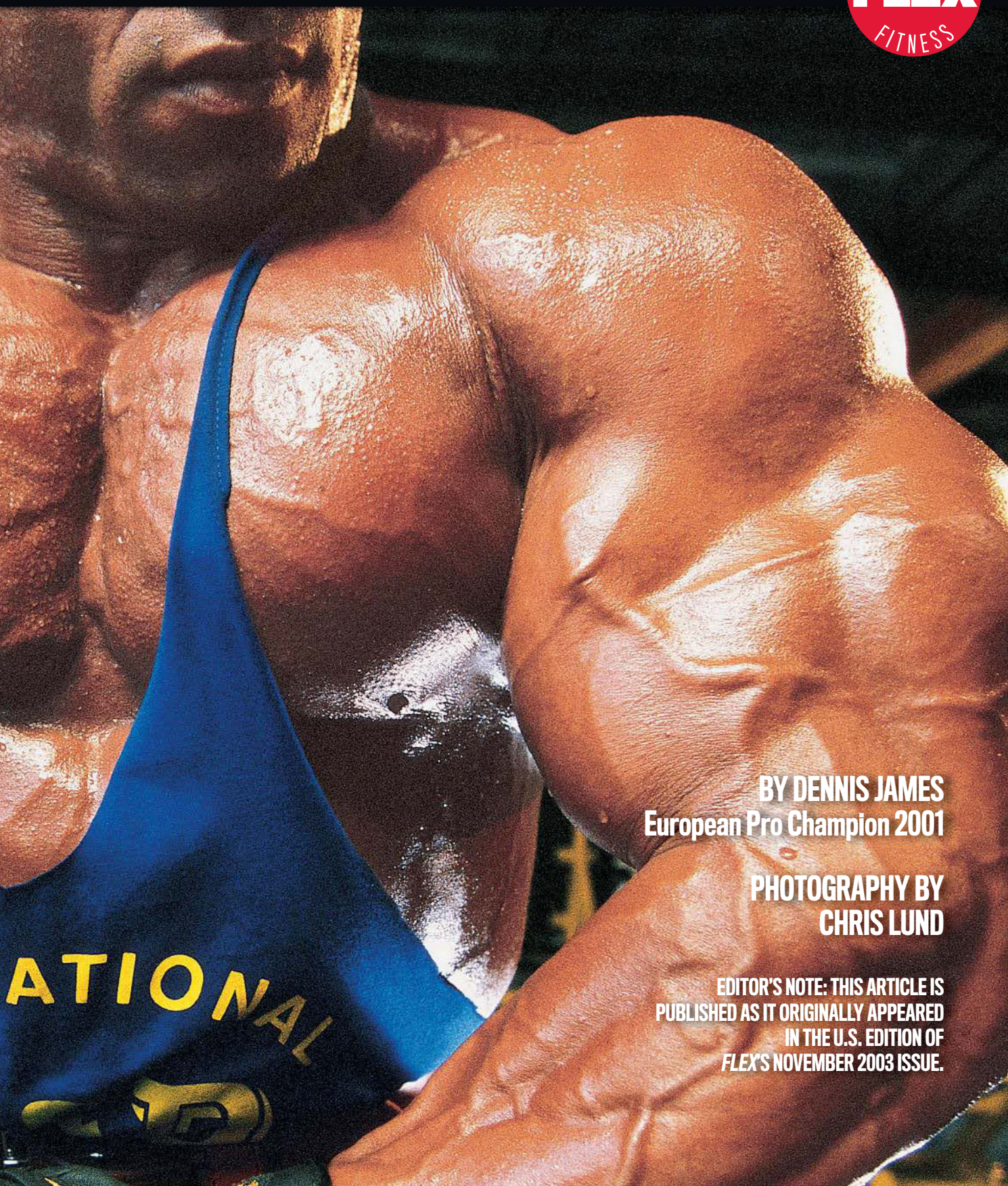
YOU'VE GOT DELT PROBLEMS–I'VE GOT SOLUTIONS

To have a balanced physique, you must have balanced shoulders. In terms of structure and symmetry, the shoulders are the most crucial bodypart because they're visible from every angle and because they're the visual reference points for establishing your V taper. Even if you're not a competitive bodybuilder, your shoulders are still a crucial bodypart. When you're wearing street clothes, your shoulders define your physique because they establish your width. Without great shoulder development, much of the hard work you put into the rest of your body will go unnoticed.



SHOCKERS

ICONS OF FLEX FITNESS



BY DENNIS JAMES
European Pro Champion 2001

PHOTOGRAPHY BY
CHRIS LUND

EDITOR'S NOTE: THIS ARTICLE IS PUBLISHED AS IT ORIGINALLY APPEARED IN THE U.S. EDITION OF *FLEX*'S NOVEMBER 2003 ISSUE.

If you have any weaknesses or structural imbalances in your shoulders, follow my suggestions for improving shoulder development and appearance. Read on for my solutions to particular problems such as lagging delt heads or overall shoulder weaknesses. Experiment with my shock techniques, and try my training prescriptions to overcome those sticking points and build impressive cannonball delts.

SHOCKS TO THE SYSTEM

Pick and choose from among the following eight pointers to help build better shoulders. Further into this article, I'll tell you which tips may be best implemented for particular shoulder problems. Don't try to put all of these strategies into play at once. Try compatible strategies for a few weeks before giving others a try. Varying these shoulder shockers will keep your muscles guessing and growing.

Shock 1 Train shoulders after two days of rest. Train a lagging bodypart or a problem area after two days of rest. Full rest will allow you to train with greater intensity and get better results.

Shock 2 Train shoulders first in your workout. Regardless of what other muscle groups you are working on that day, train your shoulders first while you're trying to make improvements in them.

Shock 3 Train shoulders twice a week, but at reduced volume. Bodybuilders often train a bodypart once a week, which is an ideal strategy for overall growth. To bring up a bodypart, though, train it twice a week. Reduce training volume slightly for each session to avoid overtraining.

STICKING POINTS

PROBLEM 1

LAGGING DELTS

SOLUTION Use a targeted approach to building all delt heads. Apply all the "Shocks to the System" techniques, discussed above, that are compatible. For example, use Shocks 1, 2, 5, 7, and 8 for four weeks and make note of any difference in your delts. Replace Shock 7 with Shock 6 for another four weeks. Continue to mix and match as you learn what works best for you.

TRAINING PRESCRIPTION

EXERCISE	SETS	REPS
Dumbbell presses	4	6-8
Machine presses	4	6-8
Lateral raises	4	8-10
Bent raises	4	8-10

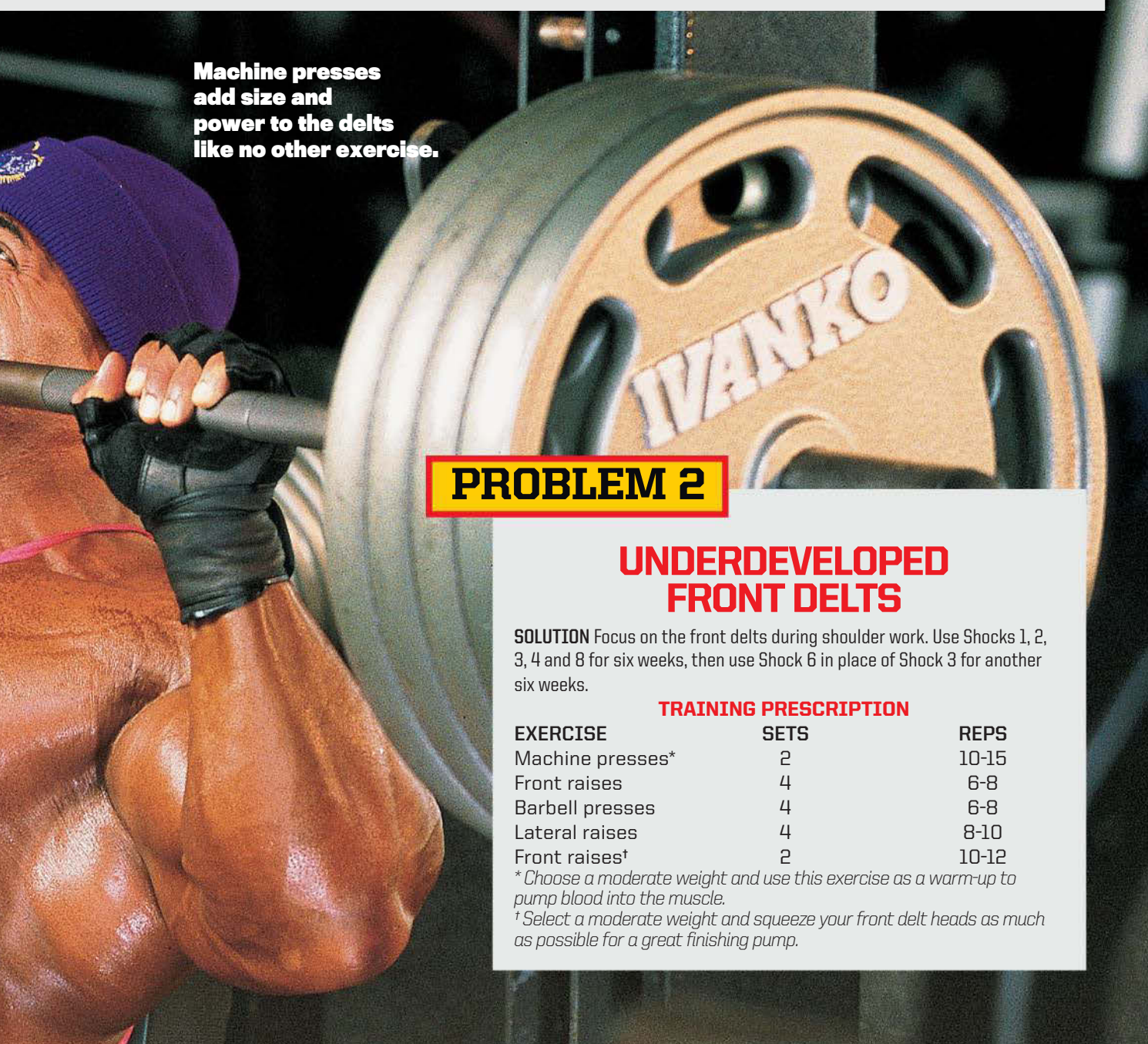
Shock 4 Concentrate on the area of weakness. When you perform a rep, think about the specific part of your body that you're trying to stimulate. If your rear delts are weak, focus on how they're working during exercises such as dumbbell presses that target the whole shoulder complex.

Shock 5 Develop a mind-muscle connection. Weight stimulates growth, but it has to be used effectively to develop a targeted bodypart. By cultivating a mind-muscle connection, you'll overcome problem areas more effectively. Here's the key: Never think about the weight. Always focus on the stretch and contraction of the targeted muscle. That's the essence of the mind-muscle connection.

Shock 6 Use heavy weights and fewer reps. Heavy weights stimulate better growth than high reps and lighter weights. Once you develop the mind-muscle connection, the best strategy is to use six to eight reps for mass-building exercises.

Shock 7 Take shorter rest periods during training sessions. Bodybuilders often make the mistake of resting too long between sets. Try reducing rest periods to about a minute between sets. You won't be able to use as much weight or perform as many reps, but the overall stimulation of your targeted muscles can be enhanced.

Shock 8 Focus on proper nutrition prior to shoulder workouts. Eat a large breakfast, take supplements, drink plenty of water, and consume a carb and protein shake before you train. If you have plenty of calories in your system early in the day, you'll have much more energy when you train. As a bonus, these nutrients will also help you repair and build muscle mass after your workout. Proper preworkout nutrition is an often overlooked aspect of effective training.



Machine presses add size and power to the delts like no other exercise.

PROBLEM 2

UNDERDEVELOPED FRONT DELTS

SOLUTION Focus on the front delts during shoulder work. Use Shocks 1, 2, 3, 4 and 8 for six weeks, then use Shock 6 in place of Shock 3 for another six weeks.

TRAINING PRESCRIPTION

EXERCISE	SETS	REPS
Machine presses*	2	10-15
Front raises	4	6-8
Barbell presses	4	6-8
Lateral raises	4	8-10
Front raises†	2	10-12

** Choose a moderate weight and use this exercise as a warm-up to pump blood into the muscle.*

† Select a moderate weight and squeeze your front delt heads as much as possible for a great finishing pump.

PROBLEM 3

LACK OF SHOULDER WIDTH

SOLUTION Emphasise middle delt-head training to widen your physique. Bodybuilding is a sport of illusion, and your goal is to create the illusion of more shoulder girth. Use Shocks 1, 2, 4, 6 and 8 for four to six weeks, then add Shock 7, keeping the weights as heavy as short rest periods allow.

TRAINING PRESCRIPTION

EXERCISE	SETS	REPS
Dumbbell presses	4	8-10
Lateral raises	4	8-10
Barbell presses	4	10
Bent raises/front raises*	3	10
Lateral raises†	2	15

** Alternate between bent and front raises from one training session to the next.*

† Select a moderate weight and squeeze your medial delt heads as much as possible for a great finishing pump.

Shoulder development is one of the most crucial elements in a bodybuilder's armoury.



From any angle, Dennis James' shoulders are huge and round.

PROBLEM 4

ROUNDED SHOULDERS

SOLUTION Learn to use your delts more effectively, while removing traps from the movement. At first, reduce the amount of weight you use so that you get the feel of this more isolated style of training. Use Shocks 1, 2, 5 and 8. Think about the sensation in your delts during each rep, and don't allow your traps to do the work. It will take concentration to accomplish this. As you develop the mind- muscle connection, add Shock 6, gradually increasing weight and decreasing reps.

TRAINING PRESCRIPTION

EXERCISE	SETS	REPS
Dumbbell presses	4	10-15
Front raises	4	10-15
Lateral raises	4	10-15
Bent raises	4	10-15



To sort out training problems, you have to think through a solution.

PROBLEM 5

UNDERDEVELOPED REAR DELTS

SOLUTION Concentrate on rear delts during shoulder and back training. It can be tricky to build rear delts. They're used in both shoulder and back training, but they aren't visible from your vantage point, so you have to master the mind-muscle connection to build them effectively. Use Shocks 1, 2, 4, 5 and 8 for four weeks. Then add Shock 3, training shoulders twice a week and reducing training volume for each shoulder workout. This is an effective strategy because rear delts are small muscles and they recover quickly. For the second shoulder session of the week, train back first and alter the prescription by eliminating machine presses, lateral raises and the final two sets of bent raises.

TRAINING PRESCRIPTION

EXERCISE	SETS	REPS
Machine presses*	2	10-15
Bent raises	4	6-8
Dumbbell presses	4	6-8
Lateral raises	4	8-10
Bent raises†	2	10-12

** Choose a moderate weight and use as a warm-up to pump blood into the muscle.*

† Select a moderate weight and squeeze your rear delt heads as much as possible for a great finishing pump.

SHOULDERING ON Use these prescriptive measures to correct lagging areas. Train smart, hard and consistently, and be sure to pay proper attention to bodybuilding nutrition. You'll soon have to turn sideways to walk through your front door.



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SUPER DAVE
WWE superstar Dave Bautista has taken the wrestling world by storm, and he is making a big impression on the bodybuilding community, as well.

EDITOR'S NOTE: THIS ARTICLE APPEARS AS IT WAS ORIGINALLY PUBLISHED IN THE U.S. EDITION OF *FLEX*'S APRIL 2005 ISSUE.



ICONS OF FLEX FITNESS

BODY SLAM

BY SHAWN PERINE
SENIOR WRITER

PHOTOGRAPHY BY
ROBERT REIFF

"OK, ready? Wide . . . flare the lats . . . tighten your abs . . . good! Keep it tight! OK, now get intense. Wide eyes . . . good!"

Ace bodybuilding lensman Robert Reiff was putting April's FLEX cover man and WWE superstar Dave Bautista through the paces on a chilly January morning at Angel City Fitness in Marina del Rey, California. A support team a dozen strong, ranging from writers to makeup artists to videographers, huddled around the two men, hoping to catch a little of the heat being generated by the shoot.



Size, shape, definition, vascularity – Bautista has it all, with intensity to spare.

THE BAUTISTA FILE

Legal name	David Bautista
Height	6'5"
Weight	285 pounds
Date of birth	January 18, 1969
Residence	Washington, DC
Married	To Angie
Children	Two daughters
Pets	Three Yorkshire terriers
Signature wrestling move	The Demon Bomb
Role models	Triple H, Ric Flair, Bruce Lee
Contact	demonwrestling@gmail.com

As Reiff called for his assistant to turn off the focus light, indicating a shot was on its way, a switch of a different sort suddenly flipped on within 6'5" 285-pound Bautista. Like a cobra coiling before a strike, the big man's muscles danced across his impossibly wide frame. With oil smeared over his torso to counteract the flattening effect of the photographer's lights, Bautista appeared as a white-hot ice sculpture in the freezing cold gym.

In the micro-moment before Reiff's shutter clicked, the most dramatic change to Bautista's appearance could be seen in his face. His bronze skin drew taut over his chiseled features, creasing about his nose, brow and mouth. His upper lip curled into a wolflike snarl, his gleaming teeth clenched tight. A faint hiss could be heard below the driving music as he simultaneously blew out air and sucked in the attention of every awestruck gym member lucky enough to have been training that morning.

Click. "Good! Take a break." As quickly as he cranked himself into a photogenically frenzied state, Bautista came back down, rolling his eyes and lolling his tongue, as if to say "This ain't as easy as it looks, kids." The truth is it's nowhere near as easy as he makes it look. For four hours, the man born David Bautista on January 18, 1969, gave a lesson in professionalism. He flexed every muscle in his very large body, while pulling cables and lifting heavy barbells and dumbbells—all without more than a handful of grapes, a few cashews, and a bottle of water for replenishment. Not once did he complain. When a certain writer wondered aloud how a gym could be this cold, Bautista just smiled and threw a jacket across his doorway-wide shoulders.

"OK, next setup!" The grapes are swallowed, the jacket tossed and the veins, sinew and snarl make yet another encore. Bautista is all business, and in the WWE, as in bodybuilding, that kind of attitude will take you far—maybe even to the world heavyweight championship title.



John Edwards could only dream of crossing over like Bautista!



LEAN BACK
Bautista builds his giant back through heavy lifting of dumbbells and other wrestlers.

BAUTISTA ON DIET

"It's hard to watch your diet when you're on the road, so I don't count calories or carbs or anything like that. I try to keep it real basic, meaning high protein and low fat. If I feel like I'm a little flat, I'll increase my carbs. Sometimes when we're stuck in an airport and can't get the kind of food we want, I'll get a tuna sandwich, scrape the tuna off and just eat that. I don't really eat much in the way of breads or pastas. My body has a harder time processing those, so I try to stick to natural carbs like potatoes."

BIG FAN

A pro wrestler since 1999, Bautista (formerly known as Kahn, Leviathan and Deacon Bautista) has employed a rare combination of wrestling ability, showmanship, power, and size to make the kind of impact the WWE has not felt since the emergence of superstars Brock Lesnar and Triple H. On April 3, the Arlington, Virginia, native will get his chance to follow the two legendary mat men (and previous FLEX cover models) to the top of wrestling's championship ladder when he

BAUTISTA'S TRAINING PROGRAM

BODYPART	EXERCISE	SETS	REPS
DAY 1			
CALVES	Standing calf raises	3-4	10-15
	Seated calf raises	2-3	10-15
HAMS	Seated leg curls	3-4	10-15
	Lying leg curls	2-3	10-15
	Standing leg curls	2-3	10-15
QUADS	Leg extensions	3-4	10-15
	Hack squats	2-3	10-15
	Leg presses or Smith machine squats	2-3	10-15
DAY 2			
BACK	Pulldowns to front	3-4	10-15
	Pulldowns to rear	2-3	10-15
	Seated cable rows	2-3	10-15
SHOULDERS	Lateral raises	3-4	10-15
	Smith machine behind-the-neck presses	2-3	10-15
	Bent laterals	2-3	10-15
TRAPS	Dumbbell shrugs	3-4	10-15
DAY 3			
CHEST	Hammer Strength incline machine	3-4	10-15
	Dumbbell bench presses	2-3	10-15
	Cable crossovers	2-3	10-15
BICEPS	Alternate dumbbell curls	3-4	10-15
	Preacher curls	2-3	10-15
TRICEPS	Single-arm reverse pushdowns	3-4	10-15
	Seated machine French curls	2-3	10-15
FOREARMS	Hammer Strength forearm machine	3-4	10-15
	Wrist curls	2-3	10-15
	Reverse wrist curls	2-3	10-15
ABS	Twisting hanging leg raises	3	15-25
	Machine crunches	3	15-20

TRAINING SPLIT

When Bautista is home, it's usually Tuesday through Thursday, so he's designed a training program that allows him to hit his entire body in three days.

Day 1 Calves, thighs
Day 2 Back, shoulders, traps
Day 3 Chest, arms

NOTE: *He trains his abs on random days.*

takes part in Wrestlemania 21 at Staples Center in Los Angeles.

Of course, while we at FLEX certainly respect the big man for the giant strides he's taken within his profession, and as much as we enjoy kicking back to an evening of televised body slams, our decision to feature WWE's newest sensation on our cover is not borne of our love for wrasslin'. Dave Bautista is a bodybuilder, as much as you and I are bodybuilders. That he doesn't compete as one (at least not in recent years) does nothing to mitigate that fact.

"I competed a little when I was younger," he says, "but I was more into it [bodybuilding] for the training. I just love to train." As does the IFBB pro who inspires Bautista most.

"Ronnie [Coleman] is incredible," enthuses the guy who may very well be Mr. Olympia's (physically) biggest fan. "Any time he's on the cover of FLEX, I have to get it right away. The guy is just so impressive physically and so strong. He's really amazing." Other bodybuilding acquaintances include Kevin Levrone, Don Long, Willie Stalling and King Kamali.

A low-key type of guy by nature, when Bautista talks about Coleman, and bodybuilding in general, his simmering intensity rises to the surface. His love for bodybuilding, while evident from the moment he arrived at the shoot ("It's incredible to think I'm going to be on the cover of FLEX!" he remarked with a smile), became most clear the second he left wardrobe for the gym floor.

The guy is an eyeful, even to the jaded eye of a bodybuilding writer. At 6'5", he's significantly taller than the majority of competitive bodybuilders, and his frame is proportionally larger, as well. His clavicle width alone is jaw-dropping. No wonder the wrestling scouts drafted him before even seeing him perform. If he just stood in place the entire match, they could have called him the "Brick Wall" and let his opponents try to knock him down. The fact that their man turned out to be a talented athlete simply made them look that much smarter to their bosses.

CHAMPIONSHIP FORM

Sitting atop Bautista's shoulders is what has to be his most impressive muscle group. "Those are Ronnie Coleman traps," I remarked to



Whether he's in the gym or in the ring, Bautista remains intensely focused.

BAUTISTA ON CARDIO

"I'll try to get in 20 minutes on an elliptical trainer after my workout to burn off a few extra calories. I don't push it until I'm exhausted or anything like that. We do so much cardio when we're on the road that I don't want to overdo it."

the big man. They truly are. Maybe even better.

"When I was young, I had this long thin neck," he replied. "So I decided to build up my traps so I didn't look like a giraffe."

As it turned out, his traps responded to progressive-resistance training the way Tom Platz's thighs did to squats; the way Coleman's back does to T-bar rows. Which is to say, very well. Now, Bautista doesn't need specialized training for his traps, although they seem to respond very well to the act of lifting opponents off the canvas by their hair.

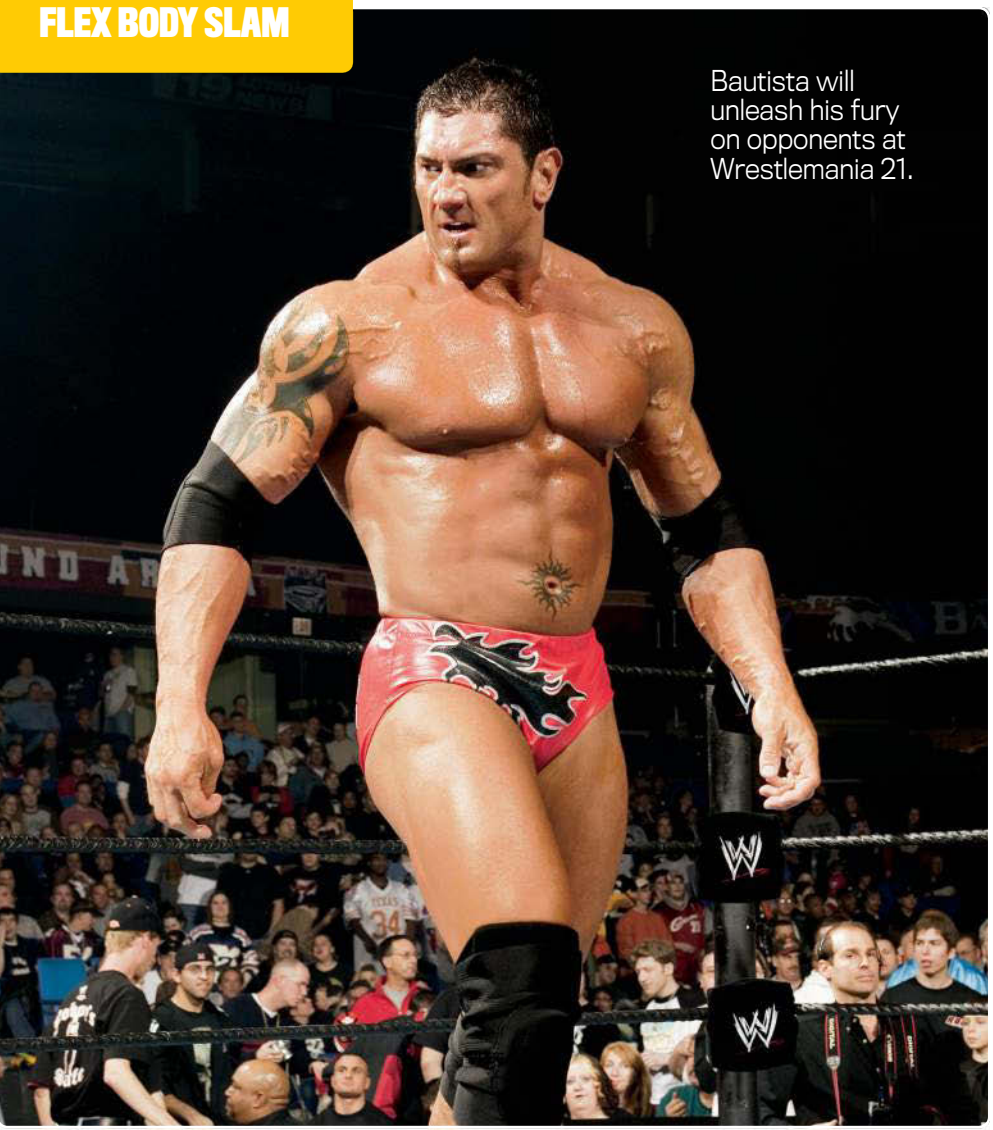
After his traps, it's Bautista's midsection that draws your attention. His intercostals in particular are mighty impressive and wouldn't look out of place in an IFBB lineup. Intercostals, by the way, are employed during torso twisting, as when flipping a human body or maneuvering a skull into a headlock.

Bautista's pecs possess even thickness from top to bottom. His lower pecs run across his rib cage, forming an edge so straight and sharp a title contender could cut his cheek on it.

His arms are plain big. Sheathed in tattoos (his left arm features the kanji script message "angel" for his wife, Angie; his right displays a dragon and kanji for "soldier") and battered and bruised (he tore his right triceps about two years ago), they're the kind of arms tailor-made for pile driving.

As for his legs, Bautista would have you believe there's less than meets the eye. "I've got tall-man's syndrome," he laments. "I've never been able to put much size on my legs, especially my calves. It's one of the reasons I never thought seriously about competing."

In reality, his legs aren't bad at all. His calves, while not quite of Mike Matarazzo caliber, are very good. Certainly, stomping the



Bautista will unleash his fury on opponents at Wrestlemania 21.

rest of the WWE into the mat will help him to continue thickening his gastrocnemius.

WORKING IT OUT

Of course, while Bautista gets frequent high-intensity workouts at the expense of his WWE brethren during the six months a year he's on the road, he still makes getting into a gym a top priority in his hectic life, wherever that workout may be.

"It's not easy finding a good gym when you're on the road all the time," the giant wrestler explains. "You train when you can, but sometimes you don't even have time to train consistently, so you just suck it up and don't go."

Fortunately for Bautista, one of his constant travel companions is good friend and fellow training addict Triple H, who also serves as his training partner. "This past week wasn't too hectic, so Triple H and I hit the gym once this weekend. We had a real good workout, in Tyler, Texas, of all places, which isn't someplace you'd necessarily expect to find a good gym."



One-dimensional Triple H takes it on the chin from Dave Bautista.

When he does get to train, though, it's with very specific goals in mind. There's nothing haphazard about the way his workouts are structured, and every aspect serves a purpose.

"When I was younger, it was all about getting as big as possible. actually got up to 370 at one point. Now, I'm going for more of a lean athletic-looking physique."

Although he's certainly lean and athletic, the truth is that Bautista's physique more closely resembles Chris Cook's than it does that of a Men's Fitness cover model. "I guess it's residual from my early days," he says with a shrug.

ONE TO WATCH

When this issue of FLEX hits the newsstands, Wrestlemania 21 will be less than three weeks away and Bautista may or may not be on the cusp of becoming the new WWE world heavyweight champion. Whatever the outcome of this year's premier wrestling event or even of Bautista's wrestling career, one thing is dead certain: he'll always be a bodybuilder and a very good one at that.

BUILDING A MAN-MOUNTAIN

Dave Bautista will be the first to admit that his training today isn't what it was before he entered the squared circle. The physical demands of wrestling require that he tailor his workouts in such a way that he doesn't overtrain or make himself susceptible to injury. For example, his leg training doesn't include free-weight squats as he gets a great leg workout running around the ring and hoisting 500-pound opponents like Big Show overhead. He's also made the conscious decision to lighten his load, literally, by moving from ponderous poundages down to more moderate weights. No sense in courting a torn rotator cuff in the gym when several dozen of his WWE cohorts would be more than happy to deliver him one in an arena! **FLEX**

Bautista will compete in Wrestlemania 21 at Staples Center in Los Angeles on Sunday, April 3, 2005.

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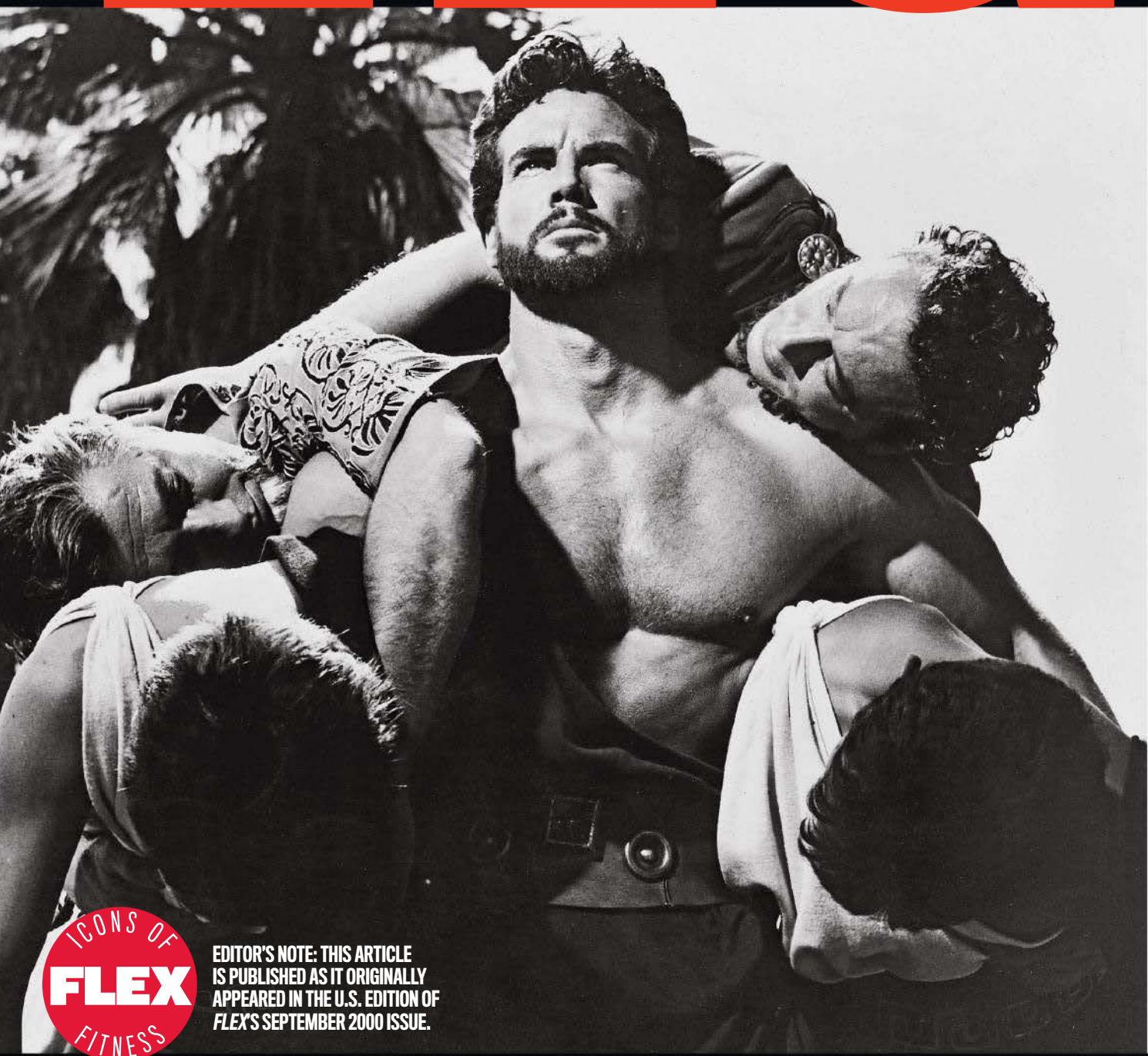
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ICONS OF FLEX FITNESS

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THE LIFE, TIMES, AND LEGACY

END

OF STEVE REEVES (1926-2000)

BY JOE ROARK, IFBB MEN'S HISTORIAN

The word spread quickly on the first of May. It was a mayday distress call heard in the nooks and crannies of gyms all over the world. The sombre news held meaning for everyone, including novice students of bodybuilding history—even they could understand the profundity of the sad event. Steve Reeves—the first modern bodybuilder, the embodiment of the male physique ideal, the 1947 Mr. America who would later gain worldwide fame in the celluloid role of Hercules, the man who inspired and continued to inspire millions long after his retirement—was dead at age 74. He died at the Palomar Medical Center in Escondido, California, from a blood clot due to complications caused by lymphoma, a form of cancer.

As Reg Park, a Reeves contemporary, succinctly put it, "We won't see his like again." In a sport given to hyperbole, that was an understatement.

Steve Reeves, who had once joked, "I want to make it to 100, because if I don't, it would be bad for my reputation," was gone too soon. His death forced the bodybuilding world to come to grips with the loss of an icon.

EARLY DAYS

Steve Lester Reeves was born in Glasgow, Montana, 60 miles south of the Canadian border,



on January 21, 1926. A year later, a pitchfork impaled his father's abdomen in a farming accident, leaving Steve with neither a father nor any memories of one. An only child, Steve was raised by his beloved mother, Goldie, who would endure bleak times during the Great Depression. In later years, when he was in need of motivational strength, Steve would draw on those hard days.

Goldie saw better opportunities in Oakland, California, so in August 1936, 10-year-old Steve and his mother headed west, where the boy destined to be the ideal of Mr. America was dubbed "The Foreigner" at his school.

By age 12, he was delivering newspapers on his bicycle, thus giving birth to a bit of Reeves apocrypha: His diamond calf development was a result of pedalling up the area's many hills. Steve, on the other hand, credited genetics. It was characteristic of him to modestly downplay his achievements.

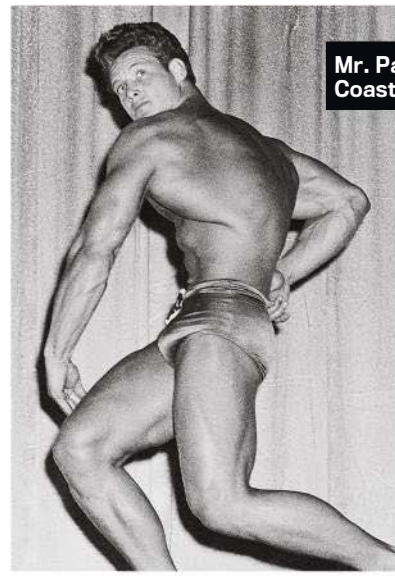
During the summer of 1942, Steve began to fancy himself as quite an arm wrestler, and he was almost unbeatable among his peers. Then he arm wrestled Joe Gambino, a shorter lighter friend, who made brief work of defeating the bigger and bewildered Steve. Joe revealed that the secret of his strength was lifting weights, and introduced Steve to his methods. As soon as he could, Steve bought some weights for himself.

Steve would learn that enthusiasm without knowledge is a tricky road, so a structured gym atmosphere was the next step. After a brief time working out at Jack

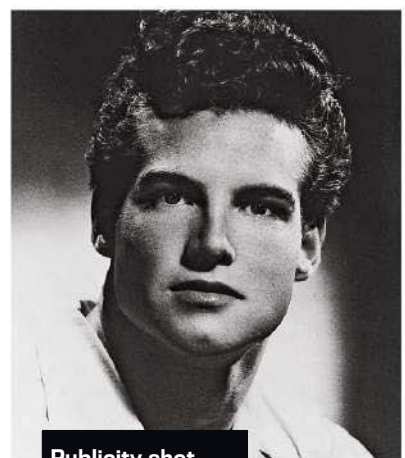
ARAX



1947



Mr. Pacific Coast, 1947.



Publicity shot from early 1950s.

In this clash of the bodybuilding titans [the 1948 Mr. Universe], Grimek was victorious, prompting an impressed and gracious Reeves to stride to the microphone and announce: "I think that John Grimek is the greatest bodybuilder who ever lived."

LaLanne's gym, Steve relocated to Ed Yarick's gym, which was 35 minutes closer to home. In his first four months at Yarick's gym, Steve—a natural in every way—grew from 74 kg to 88.

Steve always credited his early success to Yarick's guidance, and we should readily acknowledge the man who saw this teenager's spark and potential and allowed him to train for free. Goldie also appreciated how Ed grew into a kind of father figure for her son. A measure of Steve's esteem for his mentor is shown decades later, when Reeves dedicated his 1995 book, *Building the Classic Physique: The Natural Way*, to Ed Yarick.

In the early summer of 1944, Steve, now 185 cm and 93 kg, graduated from high school. That autumn, he enlisted in the Army and was sent to the war-torn South Pacific. A true bodybuilder, Reeves continued training, at first via calisthenics and eventually with a 45-kg barbell set he purchased. Though it was too light for him, he was able to gain some advantages from his workouts, learning the value of slow strict movements.

Unfortunately, he contracted malaria and lost 11 kg. Although he was hardly able to train, he instructed his mates on proper weight-training methods. By September 1946, he was headed home—and bodybuilding would be headed in a new direction.

WHO IS THIS GUY?!

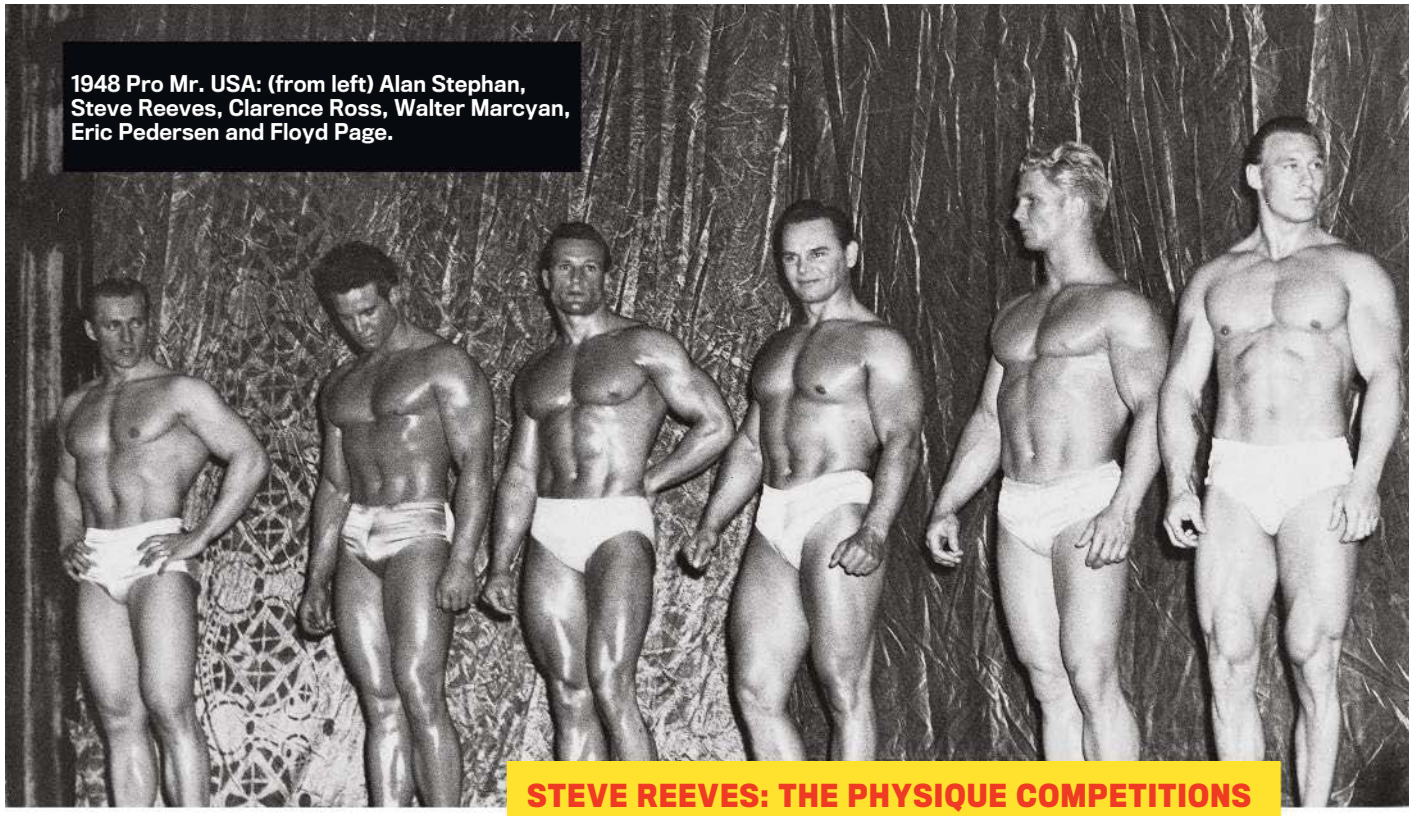
Taking up where he left off, Steve entered and won his first physique contest, the Mr. Pacific Coast, held in Portland, Oregon, on December 21, 1946. In Steve's contest debut, he faced 13 unlucky men and made his mark in the presence of guest poser and reigning Mr. America, Alan Stephan.

Alyce Stagg, of Ed Yarick's gym (and Ed's future wife), wrote a contest report in the March 1947 edition of *Strength & Health* that read, in part: "I always like to give you the feminine view of our show. I would like to say that the winner, Steve Reeves, not only possesses a perfect physique, but he has the looks to complete this massive hunk of man that he is. And girls, he is only 20 years old."

Steve, believing this victory made him ineligible to compete in the Mr. California contest, bypassed it. In fact, he never competed for that title, though some writers have mistakenly credited him with winning that show in 1946 or 1947.

Only five months after the 1946 Mr. Pacific Coast, the 1947 rendition was being contested in Los

TONY LANZA; PAUL STONE RAYMOR



1948 Pro Mr. USA: (from left) Alan Stephan, Steve Reeves, Clarence Ross, Walter Marcyan, Eric Pedersen and Floyd Page.

STEVE REEVES: THE PHYSIQUE COMPETITIONS

CONTEST	DATE	PLACE	LOCATION
Mr. Pacific Coast	December 21, 1946	First	Portland, Oregon
Mr. Pacific Coast	May 24, 1947	First	Los Angeles, California
Mr. America	June 29, 1947	First	Chicago, Illinois
Pro Mr. USA	March 13, 1948	Second	Los Angeles, California
Health & Strength Mr. Universe	August 13, 1948	Second	London, England
Mr. World (a.k.a Plus Bel Athlète du Monde)	August 16, 1948	First	Cannes, France
Mr. USA	March 26, 1949	Third	Los Angeles, California
NABBA Mr. Universe	June 24, 1950	First	London, England



At the 1948 Mr. Universe in London, Steve (left) finished second to John Grimek.

Angeles on May 24, and Steve duly retained his title. The Pacific Coast was a springboard for the Mr. America, and that year Steve decided it was time to try his luck at the esteemed contest, scheduled for Chicago on June 29.

In preparation for his tilt at the '47 Mr. America, Steve spent some time in Santa Monica with Muscle Beach's number-one couple, Les and Pudgy Stockton. It sure didn't hurt. From the sands of Southern California, Steve blew in to Chicago ready to become the eighth man to win what was then the sport's most prestigious prize, the Mr. America crown.

Contrary to some reports of this event, Steve's victory at Chicago's Lane Tech High School on June 29, 1947, was not without a bit of drama, thanks to physique prodigy Eric Pedersen. The judges had the two weight-training wunderkinds dead-heated at 72 votes, but a tiebreaker enabled Steve to ascend the winner's plinth. Within a year, Pedersen was done with muscle shows and began grappling in the world of pro wrestling, where he was billed as "Mr. Muscles."

The man who beat Mr. Muscles was garnering some impressive notices himself. In his 1947 Mr. America report for Strength & Health, writer Gord Venables wrote of Reeves, "He's twice as good as his pictures."

Not to be outdone, Peary Rader, writing in *Ironman* (Volume 7[5]), stated: "Most of the audience left the auditorium amazed that such a muscularly perfect specimen existed. It was unbelievable that anyone could have such huge muscular size and yet retain the perfect balance in proportions, the excellent separation, that Steve Reeves displayed."

ARAX: EBERSOL



1949 Mr. USA: (from left) a few admiring observers, John Grimek, Steve Reeves, George Eiferman, and Armand Tanny.

A DESTINY NOT TO BE DENIED

It seemed that the Reeves juggernaut had begun, but despite the raves, the young bodybuilder's future was still uncertain. Winning a physique title, even the Mr. America, wasn't exactly the first step toward a high-paying job. With no clear plans on what to do next, Steve visited his uncle's Montana ranch for some rest and reflection.

Reeves was lured to Los Angeles on March 13, 1948, for a massive event comprising the Mr. Western America and the Pro Mr. USA. The latter carried the addendum of the Mr. Samson title, which awarded $1,000 to the winner and included an audition for the title role in the upcoming movie *Samson and Delilah*, due to be shot by Cecil B. DeMille. The Mr. Western America title was won by George Eiferman, with Steve presenting the trophy. Again, this causes confusion for some writers who ascribe the Mr. Western America title to Steve. He was not an entrant, however; merely a trophy presenter.

Steve did compete in the Pro Mr. USA/Samson contest, but Clancy Ross edged him for the victory. Alas, Clancy didn't get the part, either. Actor Victor Mature played Samson, and though he was impressive in his own way, even Mature couldn't match Steve in either face or physique.



At the 1950 NABBA Mr. Universe, Reeves beat Reg Park (left) in a close contest.

Steve then travelled to London to contest the *Health & Strength* Mr. Universe title on August 13, 1948. The other American entrant was the legendary John Grimek, whose superiority in winning the 1940 and 1941 Mr. America titles had prompted the "one-win-only" rule that had prevented Steve from taking the title again.

In this clash of the bodybuilding titans, Grimek was victorious, prompting an impressed and gracious Reeves to stride to the microphone and announce: "I think that John Grimek is the greatest bodybuilder who ever lived." No bitter smasher of second-place trophies, Steve wrote to *Health & Strength* a few weeks later stating how inspired he had been as a 14-year-old by Grimek's Mr. America victories.

A mere three days after the London Universe showdown, the Mr. World contest, also known as "Plus Bel Athlète du Monde," was held in Cannes, France. In the absence of Grimek, Steve won the title. Newspaper reports of the period confused matters by stating he had won the Mr. Universe, when it was in fact the Mr. World.

Grimek and Reeves faced off for the second and final time in Los Angeles on March 29, 1949, for the Mr. USA title. Grimek won again, with Clancy Ross second and Reeves third.

Steve wasn't done competing, entering the first National Amateur Body Building Association (NABBA) Mr. Universe, staged on June 24, 1950. Strangely, Steve, who had competed as a pro in the 1949 Mr. USA, was allowed to compete in this amateur event (NABBA's pro division did not begin until 1952). With contestants divided into four height divisions, Steve won, with Britain's Reg Park taking second place.

Regarding the difficulty his panel faced in choosing between Reeves and Park, George Walsh, chairman of the judges for the contest, told *Health & Strength* : ". . . as they stand before us individually and together and display their stupendous physiques in pose after pose of breathtaking splendour, who could easily separate the mighty American from the awe-inspiring Britisher?"

Ironically, NABBA's first Mr. Universe contest would also become Steve's final competition. After only three and a half years as a competitive bodybuilder, he left the posing stage. Little did

BRUCE; ARAX

In 1954, I was a wide-eyed 11-year-old sitting in the Rialto Theater in Champaign, Illinois. I was watching *Athena*, featuring beautiful women and men of a size and muscular shape that had never been seen before by the average moviegoer. It was to change my life forever. Afterward, I began a weight-training regimen, and with it, I undertook a systematic study of the people and places involved in handling and hoisting weight. It has become a lifelong vocation, with no end yet planned. I wouldn't have it any other way. So, I'd like to offer a very personal thanks to you, STEVE REEVES, wherever you are. I, for one, will never forget you.

–JOE ROARK, IFBB MEN'S HISTORIAN

he know at the time that an even greater stage beckoned.

STAGE AND SCREEN

For a few years after his bodybuilding retirement, Steve struggled to make it as an actor. From 1953–55, he appeared in only three stage plays: *Kismet*, *Wish You Were Here* and *The Vamp*. Roles were not coming easily for him. Once, Cecil B. DeMille rejected Reeves for a part because the legendary director thought Steve was too muscular.

Playing the role of a muscleman takes more than muscle: Remember, Victor Mature won the part of Samson over Ross and Reeves, which, physiquewise, is like casting Calista Flockhart on *Baywatch*. Yes, she can act, but does she really belong in a bikini? Steve just had to find the right vehicle for his gifts.

After brief movie appearances in *Jail Bait* and *Athena*, Steve was approached in 1957 to test for the title role in *Hercules*, a low-budget epic to be shot in Italy. It was to change his life and the lives of muscle fans everywhere.

Hercules was a smash hit in Europe, and Steve was signed to film the sequel, *Hercules Unchained*. Eventually, these two films were released in the United States and were enormous successes, and Steve acquired the status of biggest box-office star of 1959.

The *Hercules* movies generated more than just revenue—they created something even more lasting. These movies, and especially Reeves' physique and presence, hit a chord with boys and young men. Kids all over the country were using their school scarves as makeshift loincloths to emulate Reeves' *Hercules*. His voice was badly dubbed, but everything else about him was heroic and glamorous.

Although dismissed by film critics at the time, the *Hercules* movies and the persona of Steve Reeves remain unforgettable memories to bodybuilders and nonbodybuilders alike. They were destined to flicker on late-night television for years to come, becoming part of a shared history for boys of different generations. Although Steve made numerous other films and played other epic roles, it is *Hercules* for which he will always be remembered.

HERCULES OFF CAMERA

While popcorn-munchers in cinemas imagined themselves having a physique like Steve's and winning the damsel he hugged and kissed

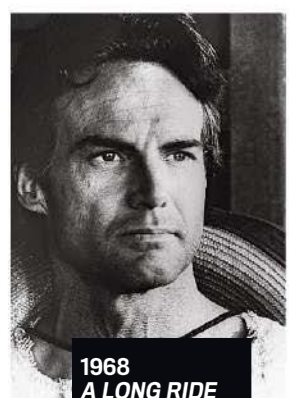


1954 *ATHENA* With Jane Powell (left) and Debbie Reynolds.

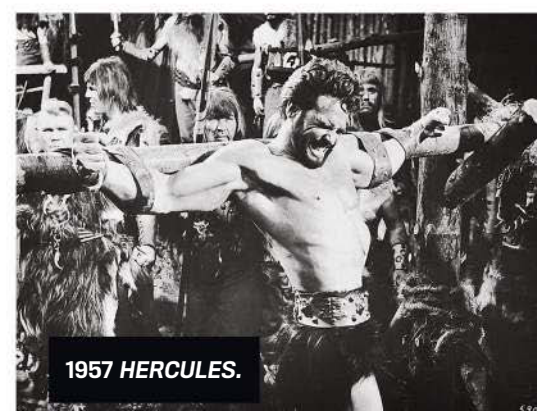
Hercules was a smash hit in Europe, and Steve was signed to film the sequel, _Hercules Unchained_. Eventually, these two films were released in the United States and were enormous successes, and Steve acquired the status of biggest box office star of 1959.

STEVE REEVES: A PARTIAL FILMOGRAPHY

1954 *Athena*
1954 *Jail Bait*
1957 *Hercules*
1959 *Hercules Unchained*
1959 *Goliath and the Barbarians*
1959 *The Last Days of Pompeii*
1959 *The White Warrior*
1959 *The Giant of Marathon*
1960 *Morgan the Pirate*
1961 *Duel of the Titans*
1961 *The Thief of Baghdad*
1961 *The Trojan Horse*
1962 *The Avenger*
1962 *The Slave*
1964 *Sandokan the Great*
1968 *A Long Ride from Hell*



1968 *A LONG RIDE FROM HELL.*



1957 *HERCULES.*

at the end of his epics, the real Reeves was living a much more low-key existence.

He married twice, first to Sandra Smith, an actress, on January 31, 1955, but from whom he parted amicably less than two years later. It was during their marriage that Steve's transition from the stage to the screen had begun.

After completing the shooting of the first *Hercules* in Italy in 1957, Steve flew back to the states and bought a small ranch just outside of Escondido, 50 miles north of San Diego, California. The ranch was to be his home base for the rest of his life.

That year Steve also met Aline Czartjarwitz, 24, the woman who was to be the love of his life. Aline, who was fluent in several languages, married Steve in 1963, and they remained together until her death in 1989.

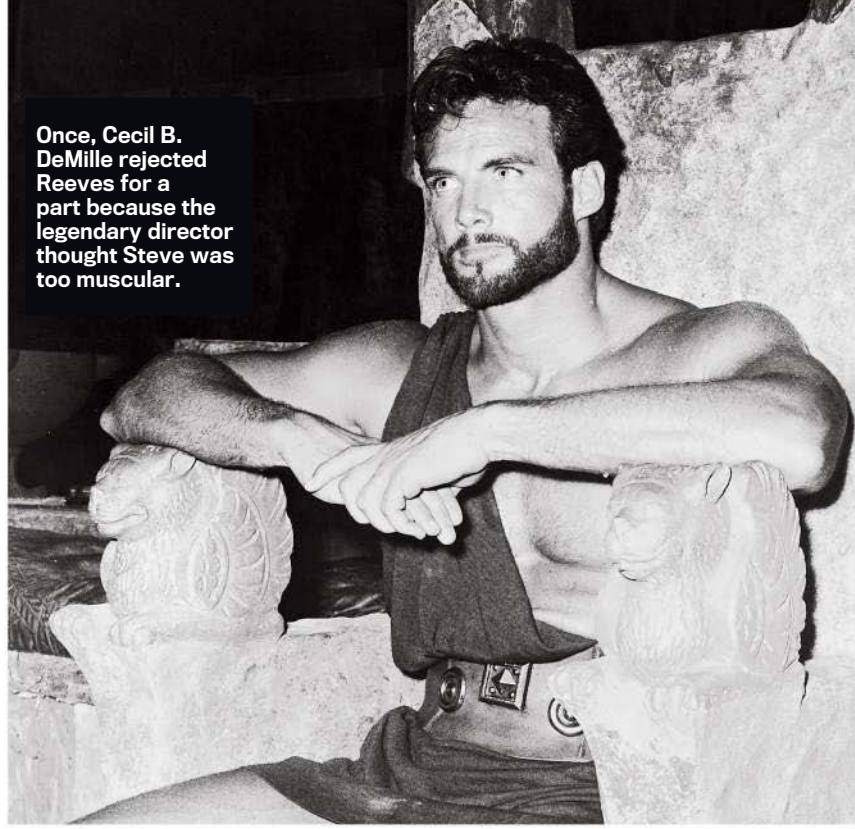
After making *A Long Ride from Hell* in 1968, Steve Reeves retired from movies. He and Aline began to live full-time at the Escondido ranch. His career in cinema was over, but his love of life and fitness was still in full bloom.

The man who had portrayed Morgan the Pirate began raising Morgan horses, and one day, while walking beside one of his horses, Steve noted that it required a lot of effort to keep up with the beast. To increase his fitness capacity, Steve created the Power Walking programme, a means of improving cardiovascular response through brisk walking. He released his book *Power Walking* in 1982, and it became a bestseller. He made numerous TV appearances to promote it, revealing that age had done little to detract from his looks and charisma. Indeed, throughout his life, Steve continued to train in his home gym, even with the added physical demands of being a full-time rancher.

His superior health and physique were renowned for decades, but even the most



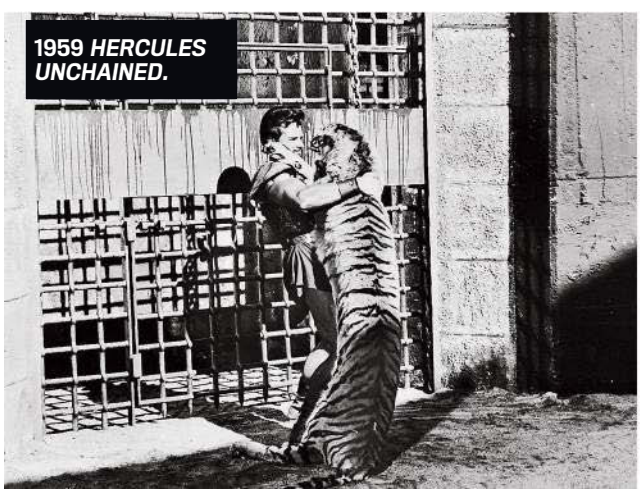
In 1963, Steve married Aline Czartjarwitz.



Once, Cecil B. DeMille rejected Reeves for a part because the legendary director thought Steve was too muscular.



1959 *THE WHITE WARRIOR.*



1959 *HERCULES UNCHAINED.*



1964 *SANDOKAN THE GREAT.*

blessed among us has to face that final curtain. Even Steve Reeves couldn't escape the limits of mortality.

A PEERLESS PIONEER

In April of this year, Steve was diagnosed with cancer. On May 1, while in the hospital undergoing treatment for lymphoma, he died from a blood clot.

To put Steve Reeves' life and careers in perspective, a historian has no choice but to haul out the superlatives and accolades. He is definitely one of the greatest bodybuilders of all time and the most famous cinematic Hercules. He was both a top box-office star and bodybuilder decades before Arnold Schwarzenegger would duplicate that feat. One could argue Steve Reeves was the most handsome man to walk on Muscle Beach, and he was certainly the most sought-after subject of physique photographers during his heyday in the 1940s and '50s.

Despite these accomplishments, it's in the hearts and minds of countless young men that Steve Reeves' true legacy will rest. Just about every bodybuilder from the late 1950s on has cited the *Hercules* movies as the catalyst that sparked them to take up the sport.

It wasn't just Steve's physique and good looks that appealed to so many. He had class and graciousness—inner qualities that couldn't be faked. How many men live such a high-profile life and never attract a negative comment? Steve was one of those rare people.

He was born a simple rancher, and he died a simple rancher. In between, he showed us our possibilities, our potential for greatness.

As Hercules, he challenged the gods. As Steve Reeves the man, he complemented them. He will never be replaced.

AVCO EMBASSY PICTURES CORP.; METRO-GOLDWYN-MAYER PICTURES



EDITOR'S NOTE: THIS ARTICLE IS PUBLISHED AS IT ORIGINALLY APPEARED IN THE U.S. EDITION OF *FLEX*'S SEPTEMBER 2000 ISSUE.



BI-NORMOUS

A NO-HOLDS-BARRED GUIDE TO PACKING ON BICEPS SIZE

Consistency is king of the hill in the world of bodybuilding and training science. I'm genetically blessed with biceps that respond well to training, yet the secret to my success is a total commitment to working biceps every week of the year, every year – without fail!

I got my first weight set when I was in primary school; the only thing I messed around with then was arm curls. Even in high school, in the early stages of my football and powerlifting training phase, I was more interested in working arms than anything else.

I was, in fact, obsessed with making my arms as huge as possible. I always wanted big arms, so I went after them with all the intensity and passion of Jason in search of the Golden Fleece.

I'm not exaggerating my desire to build baseball-sized biceps. Everything I do in the gym is based on careful analysis of what it takes to craft thick full biceps muscle attachments, as well as to develop those pesky peaks to the max.

That's why I prefer exercises that isolate the biceps. People talk about "isolation exercises" in a variety of contexts, but my definition is a movement that enables you to place optimal stress on the muscle for the duration of the entire working set – in essence, the Weider Continuous Tension Principle. I favour any exercise that will help me achieve this objective. Based on the knowledge I have gained during my years of being fixated on biceps, I've devised a routine that will help you make substantive gains in a hurry.

FOUR-WAY INTERSECTION

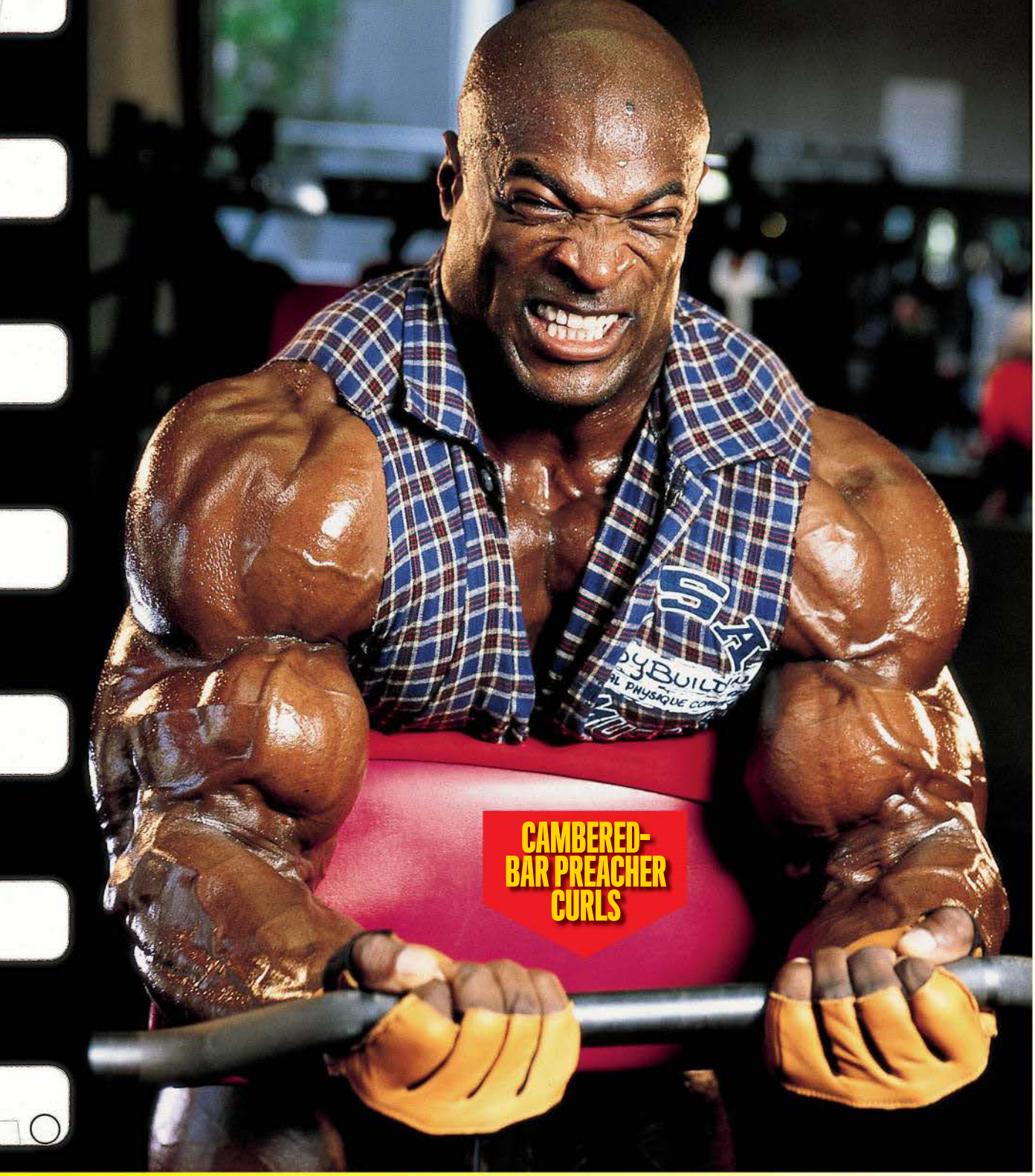
I recommend doing four exercises for biceps, one or two times per week, three sets and 12-15 reps per movement. Apart from warm-ups, always go to failure on each set. Logic dictates training biceps in tandem with back: The biceps get a lot of work when you're hitting lats and rhomboids, so it's overkill to split these bodyparts into two distinct "pulling-muscle" workouts.

I rotate my exercises to keep the muscles guessing, but I like this particular routine because the elements complement and build on one another. The common denominator in all of my biceps exercises is that each one isolates the muscle for fast results.

MASS AND ISOLATION

Begin with cambered-bar preacher curls, an exercise that provides a stricter movement than standard barbell curls while offering significant mass development, especially for the lower part of the biceps. I'm an avid pro-

BY RONNIE COLEMAN TWO-TIME MR. OLYMPIA // PHOTOGRAPHS BY CHRIS LUND

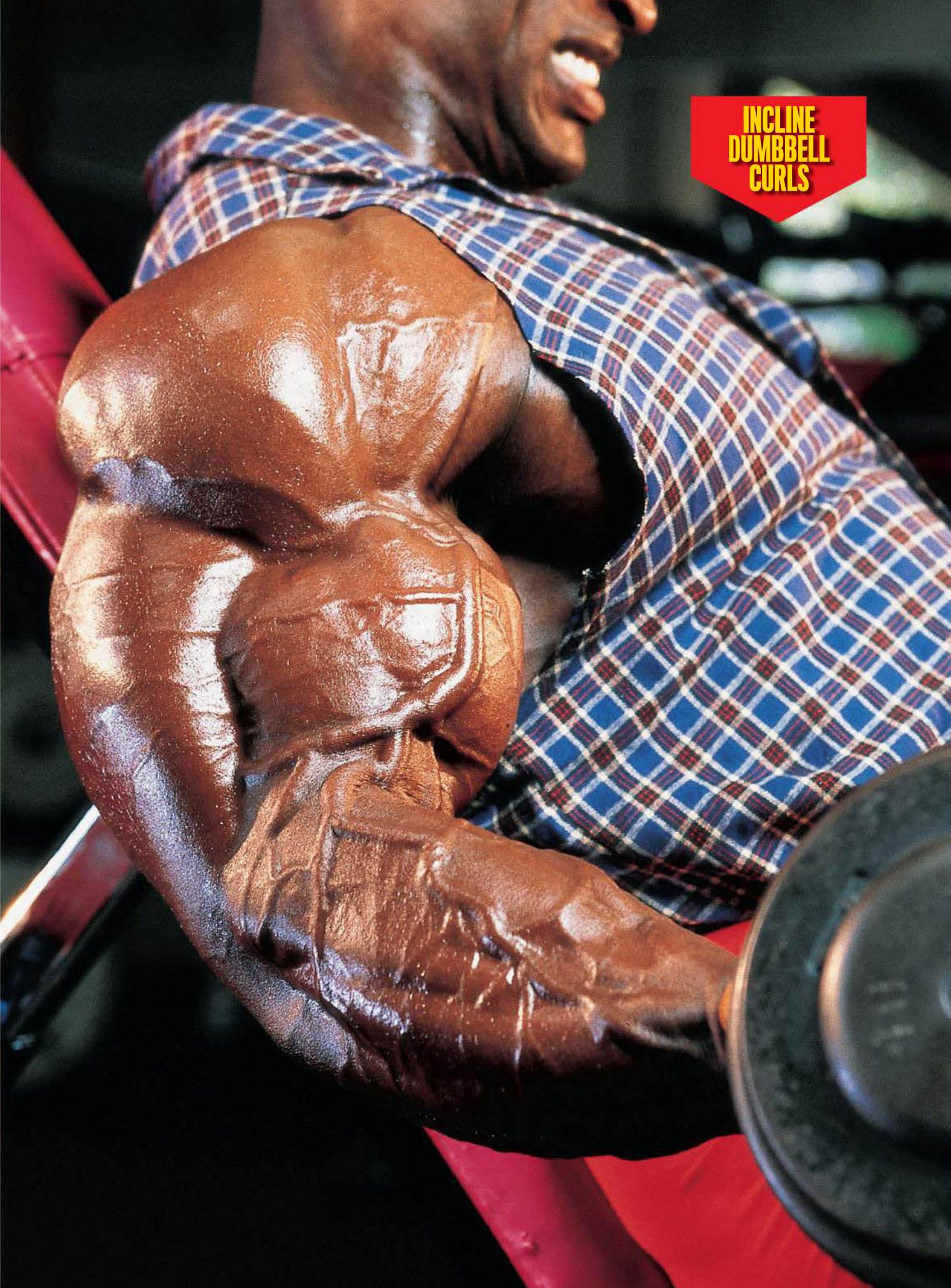


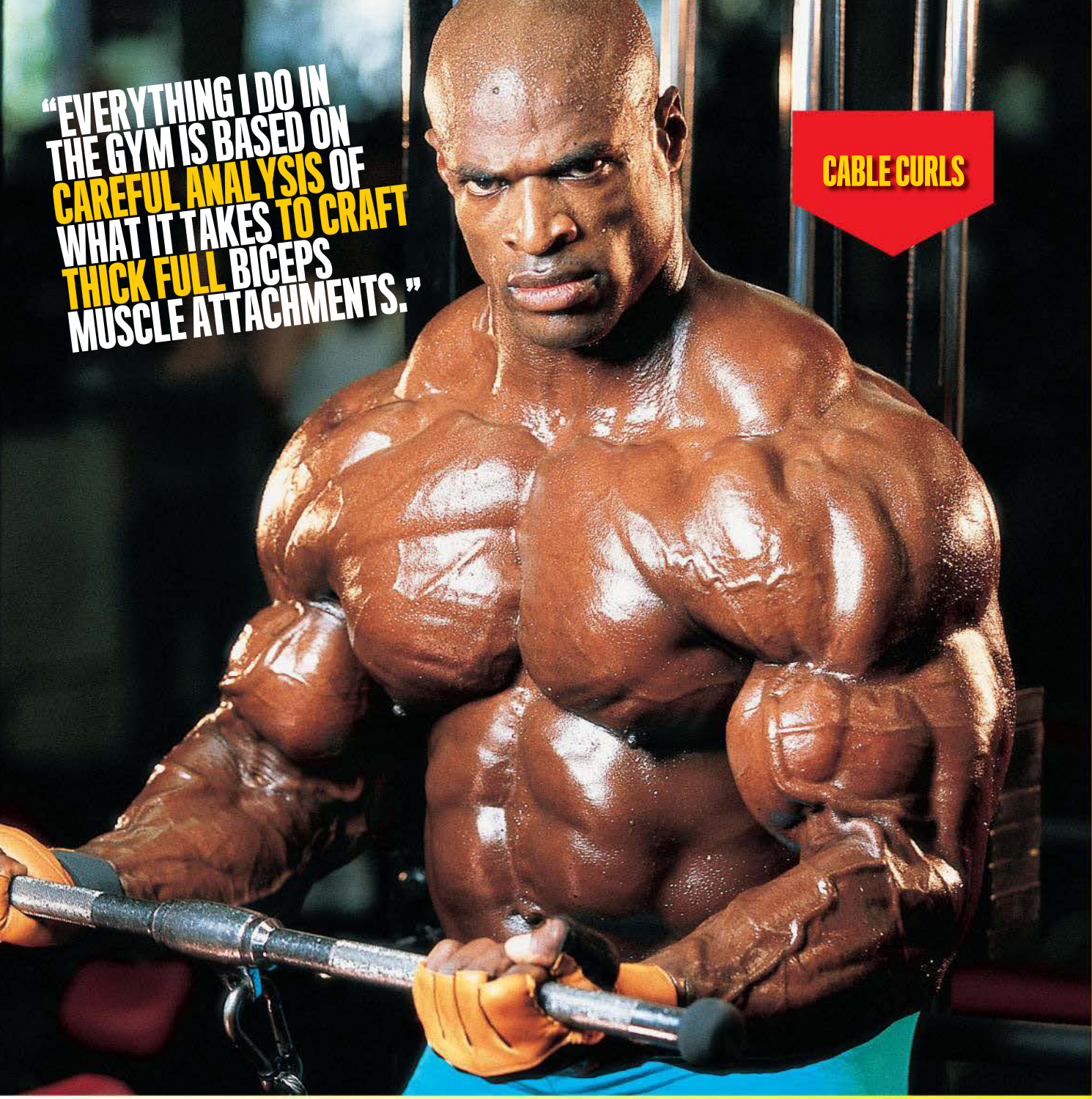
ponent of performing preacher curls with a cambered bar, because it reduces the stress on the biceps tendons and wrists, and it also brings the brachialis partly into play.

The initial exercise in any bodypart routine mandates a warm-up set with a moderate amount of weight to pump blood into the targeted area. I do 15 warm-up reps before launching into my three working sets. I keep the reps high (12–15 per set) for biceps; my goal is to favour density and hardness over sheer size, since my arms are already pretty big.

If you want to pack on size, increase the weight and lower the reps to 10. I suggest, however, that you follow my lead in training with higher reps, stricter form and more focused intensity on what the muscle is doing as you go through the full range of motion.

With preachers, place your chest against the bench and straighten your arms, extending them over the


INCLINE
DUMBBELL
CURLS



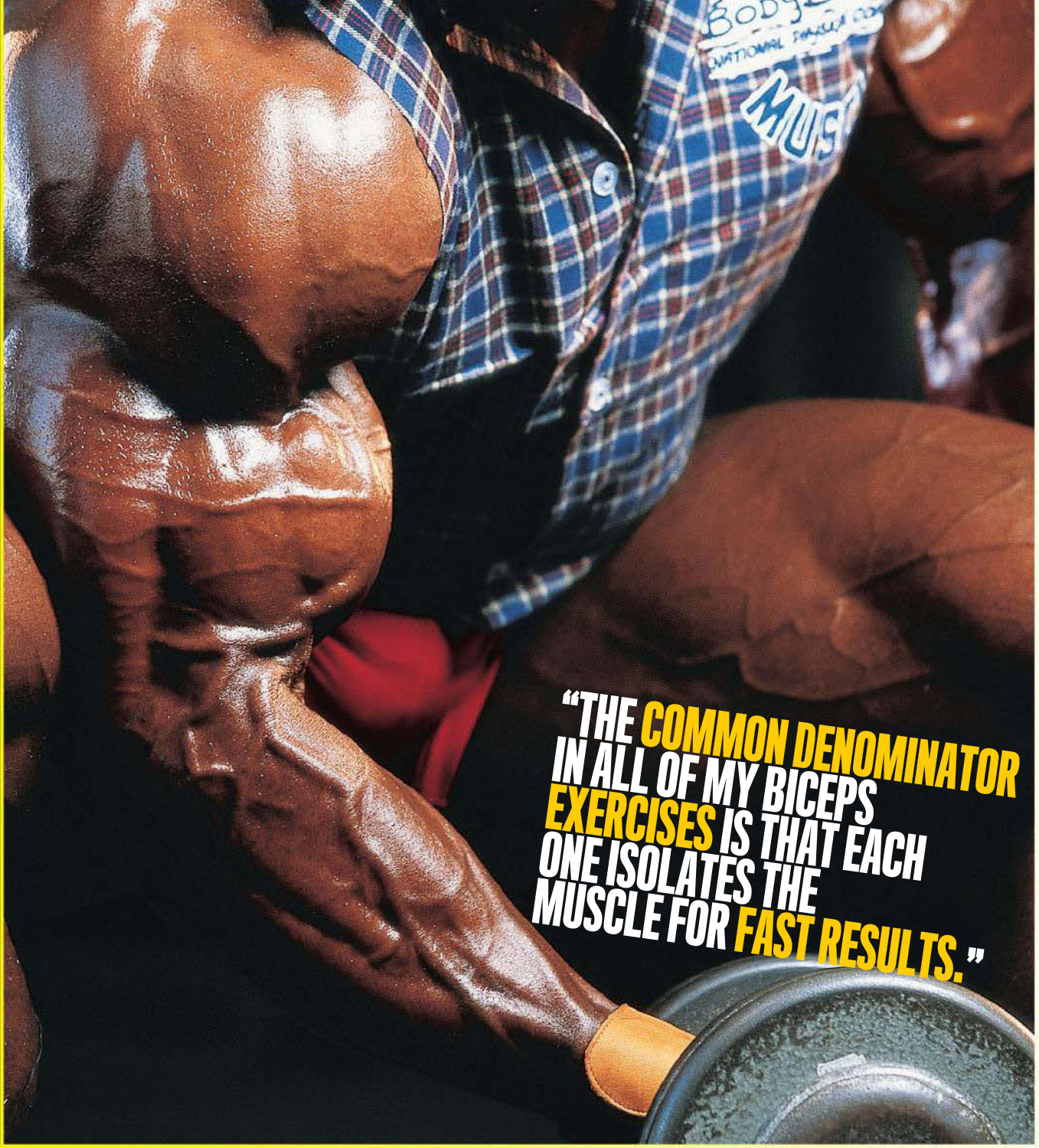
bench. Grasp the bar with an underhand grip, lift it up to flex and feel for a peak contraction at about chest level. Your biceps should support the weight at all times; if you curl the bar to your shoulders, the stress is released from the biceps. Then lower the bar until your arms are fully extended, always focusing on the negative contraction.

Your wrists should be locked to ensure that your biceps—not your forearms—are handling the bulk of the training load.

RONNIE COLEMAN'S MR. O BICEPS BLASTER

EXERCISE	SETS	REPS
Cambered-bar preacher curls	4*	12–15
Incline dumbbell curls	3	12–15
Cable curls	3	12–15
Dumbbell concentration curls	3	12–15

* The first set is a moderate warm-up of 15 repetitions.



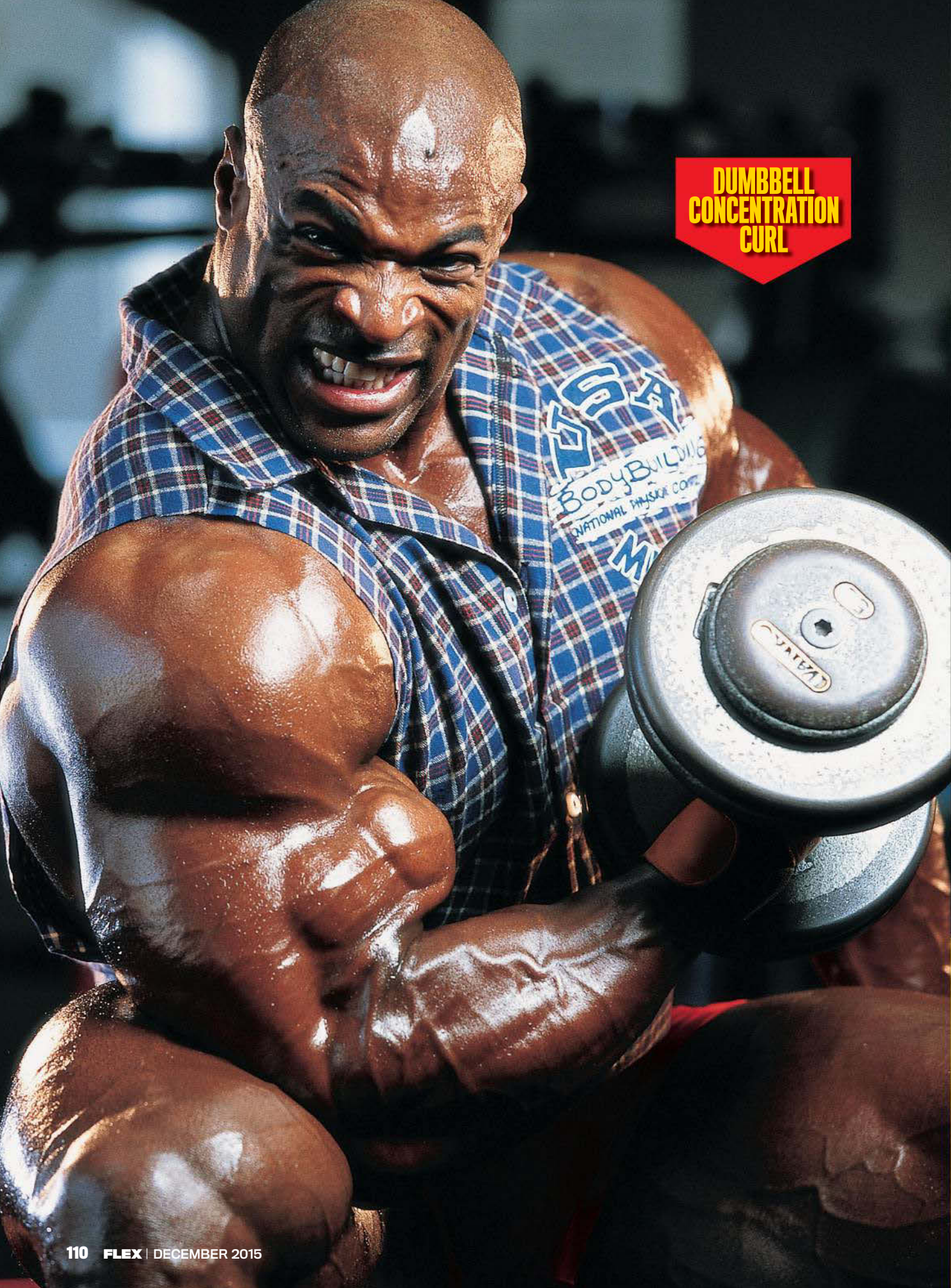
AN INCLINATION FOR ISOLATION

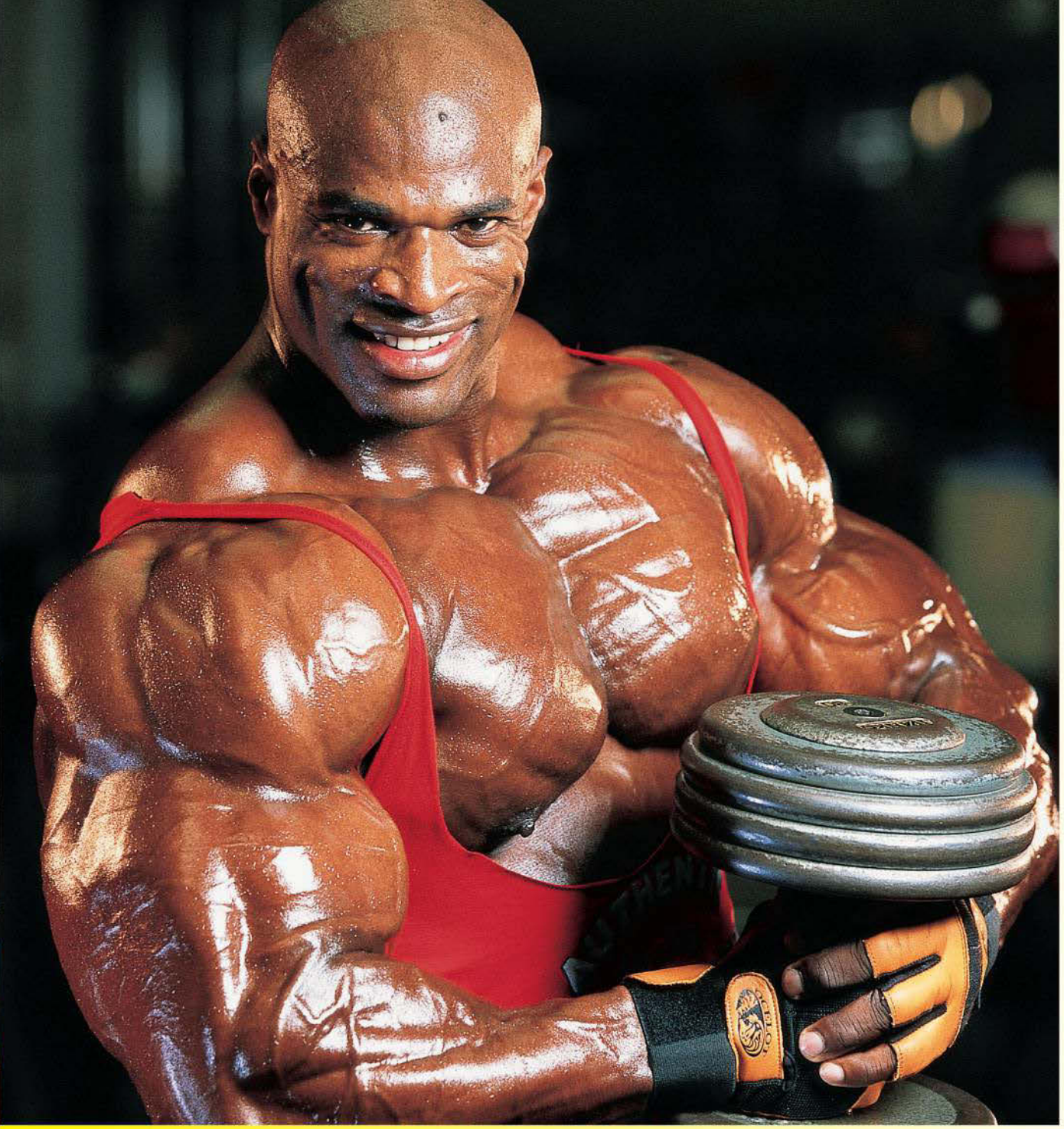
My second exercise is incline dumbbell curls. I do these two arms at a time to increase the intensity and to negate the torque on the lower back caused by unilateral movements. I lean all the way back on the incline bench; this position helps me fully isolate the biceps muscles. Keep cheating to an absolute minimum.

I let my arms hang straight down at the outset and pump out 12–15 strict curls. I curl the dumbbells up to my shoulders, but during the descent, I don't extend to lockout; instead, I go to the point where my elbow joints are at a 60–70 degree angle. I start the next rep from there. This keeps continuous tension on the biceps and fully exploits the muscle-building potential of the negative part of the rep. If you lose the effect of the negative, you cancel out the reasons for doing the exercise (isolation and continuous tension) in the first place.

BE A CABLE GUY

My third exercise is cable curls. The glory of cables is that they utilize the negative contraction more intensely than dumbbells or barbells do. Cables put you in close touch with the mind-muscle connection that is an absolute necessity for biceps growth and stimulation.


DUMBBELL
CONCENTRATION
CURL



At the start of each rep, my arms are in front of my thighs. I curl slowly, bringing the handle up to about chest level. I squeeze at the top and slowly release the weight to go for the negative on the way back down to ground zero.

Cable curls will help you make tremendous progress, regardless of whether you've been bodybuilding for a day or a decade. The secret is to stay intense throughout every set and rep.

PEAK AT THE FINISH LINE

To add quality to the peak of each biceps, end your workout with three intense sets of dumbbell concentration curls. I like to do these the old-fashioned way, with the elbow tucked into the thigh, curling the dumbbell to fully contract the biceps. I do 12–15 reps with the right arm and then switch sides.

My last piece of advice is to get a pair of training gloves. I wear gloves for all my workouts – except for legs, of course – because they improve my grip and give me a sense of confidence that I can handle heavy weights with strict form and total control. I feel like Superman when I slip on those gloves. Take a long look at my biceps and wwyou might even say that Superman has nothing on me. **FLEX**



Take the FIFTH

PHIL HEATH WINS SANDOW NO. 5 AT THE 2015 MR. OLYMPIA

BY GREG MERRITT

PHOTOGRAPHS BY PER BERNAL

"DID THAT GUY WIN AGAIN?" HE ASKED. "YEAH," I ANSWERED. "FOR THE FIFTH TIME."

■ The man nodded and walked away with a ladder. He had work to do, breaking down the stage an hour after Phil Heath secured his fifth Sandow. When even the Las Vegas stagehands backstage recognise you as a multiple Mr. Olympia, you know you've settled in to a long reign atop the bodybuilding world. Ultimate Nutrition presents the 51st Mr. Olympia brought to you by Amazon Sports Nutrition, and what a compelling contest it was, because of who wasn't there, who was still there, for what could've been, for what changed, and, ultimately, for the most important thing of all—the thing that has stayed the same for so long that even those who don't know Phil Heath's name know he's the king.

PRELIMINARIES

Let's first address who wasn't there. That would be Kai Greene, the runner-up the previous three years, the heir apparent who twice signed "Mr. Olympia" after his name on the contest's promotional posters, the top contender whose rivalry with Heath had heated until it almost erupted onstage last year. Presumably, Greene would've been in the Olympia top two again this year—if only he had entered. Though he received the contract in April, he never returned it. As September approached, he had to be removed from ads, posters, and programs.

Still, promoter Robin Chang was optimistic that bodybuilding's No. 2 would enter. "As a businessman, of course, I wanted Kai here. The decision was solely his, as it is for any and all athletes," Chang said. Heath put it succinctly, "In my eyes, he just didn't want to compete." At the press conference, 31 hours before judging began, many competitors dodged questions regarding Greene's absence. Not Dexter Jackson. "I'm glad Kai is out," the Blade said with a laugh. "I'll take that money." An equally prophetic answer came to this query, directed at Heath: Who would win the Olympia if you weren't here? "Dexter," Heath replied, even though 45-year-old Jackson hadn't placed higher than third in the Mr. O since winning the title in 2008. "He's done it before, and he won the Arnold Classic this year."

COMPETITOR NO. 9

Four years ago when Dexter Jackson was fifth in the Arnold Classic and sixth in the Olympia, he seemed on the verge of shrinking to irrelevance. His legs, especially, were taking on the middle-aged look of diminishing returns. But he rededicated himself under the tutelage of Charles Glass in Venice, CA, and when he strolled to center stage this year, he was 240—his highest-ever competitive weight. With his first (and best) pose, the front double bi, it was evident that he was bigger than he was in March when he won his record-setting fifth Arnold. His quads had never been fuller, even if his calves remain his greatest weakness. The Blade is no longer as finely cut as he was a decade ago. Nevertheless, he displayed corrugated glutes. In his record-setting 16th Olympia, bodybuilding's ironman was once again in contention for the ultimate title.

Phil Heath

FIRST PLACE



PHIL HEATH WITH HIS FIFTH, AND NEWLY MODERNISED, SANDOW.





WHEREVER HE STOOD, HEATH WAS WINNING POSES, ESPECIALLY THE TWO REAR SHOTS.

COMPETITOR NO. 13

When it comes to contest weights in open pro shows, you almost always have to take the competitor's word for it. But unlike bodybuilders, the scales don't lie. After the athletes' meeting two days before the contest, fully dressed Mamdouh Elssbiay stepped on the scales (there to weigh in the 212 athletes) and a shocking number appeared: 316 lbs (143 kg). In posing trunks and having dried out, the 5'10" Elssbiay likely got into the 305–310 range onstage. Some of that weight was somehow crammed onto his quads, which have grown so ginormous that his vastus lateralis hung far from each side like spare appendages. His calves had also improved, though they remain a long way from being in balance with the rest of him.

There's just so much of him. His hang-glider rear-lat spread garnered one of the biggest cheers of the contest, and still Big Ramy wanted more, thumping his chest and scowling, encouraging the crowd between poses. If those in the audience who clapped tepidly felt like me and the judges, they wanted to see deeper separation. Phil Heath wasn't concerned when he heard 316, but if he'd heard 275 he may have lost sleep, for that could signify that the largest man onstage was going high-def. As it was, Elssbiay was nowhere near HD. Heath had another perceptive observation: Whoever named Elssbiay "Big Ramy" did him no favours. Ever-greater body weights may grow his cult status, but they won't earn him a Sandow. Conversely, if he can become worthy of "Big and Ripped Ramy," watch out above.

COMPETITOR NO. 20

Frankly, Dennis Wolf looked older than 36. The physique that was a sensation at the 2007 Mr. Olympia (a year before Heath's O debut)—lean, dense, glowing, and impossibly wide—has been replaced with grainy muscle, pitted skin, and abrupt angles. He's going the way of Branch Warren, which is to say he's still a phenomenal bodybuilder but of a different type. His lats and delts have retreated, and, as a result, no longer do his rear double bi and most muscular poses induce audience gasps from their sheer breadth. Still, it's never a contest between a bodybuilder and his younger self. If this Olympia had ended with competitor No. 20, it would've been a close call between Wolf and Jackson.

COMPETITOR NO. 23

With Greene out of the lineup, the best bet was that Shawn Rhoden would move up from the third spot he



2015 IFBB MR. OLYMPIA

SEPT. 18–19, 2015, ORLEANS ARENA, LAS VEGAS, NV

1 Phil Heath* $400,000
2 Dexter Jackson* $150,000
3 Shawn Rhoden* $100,000
4 Dennis Wolf* $55,000
5 Mamdouh Elssbiay* $45,000
6 Branch Warren $35,000
7 Roelly Winklaar $25,000
8 William Bonac $20,000
9 Victor Martinez $19,000
10 Essa Obaid $16,000
11 Juan Morel $4,000
12 Maxx Charles $4,000
13 Dallas McCarver $4,000
14 Ronny Rockel $4,000
15 Johnnie Jackson $4,000

Did Not Place ($2,000 each): Mohamad Bannout, Brandon Curry, Jonathan DeLaRosa, Abdelaziz Jellali, Steve Kuclo, Robert Piotrkowicz, Brad Rowe, Fred Smalls

*** Qualified for 2016 IFBB Mr. Olympia.**

occupied last year. (He and Wolf jostled for third in the previous three O's, with Rhoden taking it twice to Wolf's once.) Could he leap all the way to first? The jury was still out as he rolled through his mandatory poses, but it was evident he was less than his best. What were typically ice cube abs seemed to be melting, and his waist sometimes appeared bloated—a crucial deficiency for Flexatron, who depends on his fab abs and slender middle to accentuate his X-frame despite his less-than-wide shoulders. He had clearly been crisper in prior years, but, as with Wolf, we can't judge him against his past. This was a three-man race.

COMPETITOR NO. 24

Then a fourth man joined: the four-time and defending champ, Phil Heath. Previous Olympias were duels between him and Greene, so, with his rival gone, many expected the Gift to separate himself from the pack. Heath professed that he wanted to return to peak form after murky conditioning last year. But from his first pose, it was evident he was off. His legs were larger, as he and trainer Hany Rambod had prioritised this area to better fend off big wheelers Rhoden, Greene, and Elssbiay. However; his upper body, especially his chest and back, was muddled. His normally "lights out" rear double bi, the most important pose in bodybuilding, lacked its 3-D, HD pop. The lights were left on.

FIRST CALLOUT

When head judge Steve Weinberger called six names, the last man beckoned to center stage, Roelly Winklaar, pumped his fist with glee. He had previously professed his goal of cracking the top six, and this time he was rewarded for keeping his middle svelte and bringing out cuts. Even his deficient back had improved. His making the first callout in bodybuilding's Super Bowl was a career highlight.

From left to right, the members of the sextet were: Winklaar, Rhoden, Heath, Wolf, Jackson, and Elssbiay. (Before the final two poses, Rhoden and Wolf were switched.) Here was further evidence that none of the top names brought their best. If Rhoden were leaner, if Wolf were fuller, if Ramy had forgotten the scales, if the Blade were sharper, if the champ were truly on—so many ifs, and that's not even bringing up the guy who wasn't there. All those ifs made for a disappointing lineup, but they also spawned a contest that was compelling because the top spots could shake out in virtually any order.





SECOND CALLOUT

This one went (left to right): Branch Warren, Winklaar, Elssbiay, Essa Obaid, William Bonac. Even at 40, Warren continues to come in consistently grainy and veiny, and his legs remain as spectacular as ever. The most interesting thing about this callout, where everyone was presumed to be in the top 10, was the inclusion of Obaid (previous Olympia best: 14th) and Bonac (previous Olympia best: 15th). Both were justly rewarded for their high-def conditioning, though Obaid's lagging legs eventually dropped him below Victor Martinez. The gold-toothed Bonac has been a juggernaut since growing out of the 212 division in 2013. If he can cram even more muscle on his 5'7" frame, watch for him to climb still higher in future O's.

THIRD CALLOUT

Fred Smalls, Juan Morel, Maxx Charles, Victor Martinez, Dallas McCarver, and Ronny Rockel battled for the final top 10 spot. Morel, in his second O, made notable gains in '15 but needed more etchings for the top 10. Charles displayed fine details from the front, highlighted by his spaghetti pecs, but, like Morel, his upper half was better than his lower. And then there was Dallas McCarver, who won his pro debut in May. He brought the cuts, and I thought he deserved a higher place than 13th. But he's still only 24 with a superb structure to build upon. Squint and you can imagine him, three years hence, with that 6-foot frame filled out substantially, crunching poses with Heath in the 2018 Olympia's first callout—and still only 27.

SIXTH CALLOUT

The final melee on Day 1 was the quartet of Jackson, Wolf, Heath, and Rhoden. Head judge Steve Weinberger later told me it was a "very close four-man contest," and the movement of the scores from Friday to Saturday reflect this. With half of the judging complete, Jackson was in fourth.

FINALS

"Phil was pushed," Weinberger told me backstage after Heath won his fifth straight Sandow. "Yesterday he was pushed to the wall. Today he came back with better conditioning. Honestly, if he would've come back today like he looked yesterday, he would've lost." The question is who would've beaten him? The most likely suspect was Rhoden, but Rhoden was also off. Would he be the 14th Mr. Olympia now if he'd brought his best? Weinberger answered with a smile: "I've got to see him on for me to say that, but it would've been a lot different probably." If not Rhoden, then it would've likely been Jackson for the win. For that to happen, Heath would've needed to drop to at least third on Saturday.

That was certainly possible after his underwhelming Friday, but, as is his habit, Heath improved markedly on Day 2. While his posing routine progressed, it became obvious he would remain Mr. O. The pop had returned to his rear shots. By the way, his routine, which began with Phil Collin's "In the Air Tonight" and ended with Aloe Blacc's "I'm the Man," was his best yet. Two other routines of note were Winklaar's popping-and-locking dance-a-thon and Wolf's striking





heroic shots to John Paesano's "The Maze Runner" theme (the rare case when a modern bodybuilder poses to one song from start to finish). Both were audience favourites.

The judging comparisons on Saturday were highlighted by various combinations of the top quartet, and it was clear that Wolf was the odd man out as Jackson, Heath, and Rhoden were shuffled. When Weinberger moved Heath so that Jackson and Rhoden were delt-by-delt in the center, the crowd roared. The Gift certainly has his detractors, but much of that reaction was simply an acknowledgment that maybe, just maybe, the unpredictable could happen. Still, wherever he stood, Heath was winning poses, especially the two crucial rear shots. And in the end he was moved between Jackson and Rhoden again. The two Mr. O's slapped hands while Rhoden gave Heath the side eye and reluctantly retreated to a bookend position. This was a contest between the 12th (Jackson) and 13th (Heath) Mr. O's. Forget No. 14 for another year. Backstage soon thereafter, No. 13 caught up with his old friend No. 11, Jay Cutler, the legend whose four Olympia titles he was destined to surpass an hour later.

PLACINGS

On Saturday, Warren made up a seven-point deficit to squeak by Winklaar via a single digit, denying the Caribbean the top six finish he sought. When Elssbiay's fifth received a tremendous clamour, the colossus thumped his chest and jabbed a fist at the sold-out Orleans Arena crowd in appreciation. That outcry was topped by the boos and lupine howls when Wolf was announced fourth. The most dejected man at the Olympia was Rhoden, who felt this should've been a duel between him and Heath. It never was, despite his straight seconds on Friday. And on Saturday, when the judges reevaluated the top quartet, Jackson soared from fourth to overtake Rhoden by one painful point, costing Flexatron $50,000 and the unofficial title of heir apparent.

Three hours earlier, AMI CEO David Pecker provided a surprise during his opening speech: He was bumping the Mr. Olympia top prize all the way up to $400,000. (It was $275,000 last year.) Heath hadn't heard the news until I broke it to him backstage midshow, and he was pleased about its implications for bodybuilding's popularity and profitability, but he was otherwise nonchalant. For him, the title is the most important thing.

In the end, when it was just the two Mr. Olympias, Jackson and Heath, at center stage, emcee Bob Cicherillo bellowed, "Take the Sandow trophy, the check for $400,000, the Olympia gold medal, and the title of 2015 Mr. Olympia." Before he heard his name, but when he heard "to your five-time champion," Heath pumped a fist and fired a most muscular and rocked on his feet in ecstatic triumph.

AFTERMATH

The question is, Can anyone beat him? Next year, Jackson will be 46. Rhoden, Warren, and Greene will all be 41. Though still dangerous, Wolf peaked years ago. Big Ramy has to decide to be more than just big. The next generation—Justin Compton, Dallas McCarver, Cody Montgomery—may be many years away





THE JUDGING COMPARISONS ON SATURDAY WERE HIGHLIGHTED BY VARIOUS COMBINATIONS OF THE TOP QUARTET.







from contention. When Dorian Yates won his six Sandows, he had several legitimate threats. For most of Ronnie Coleman's eight-year reign, Cutler was on his tail. And when Cutler was king, Heath was rising fast. Who can prevent the Gift from getting to not just six next year but a record nine in 2019? That's unclear today, but a lot can change over four years—or one year. Stay tuned.

"Four was great," Heath said backstage just after he won Sandow No. 5 (a larger, redesigned statue). "But no one has won five since Ronnie Coleman, and, I'll be honest, that puts me in a different category. The only guys I'll be compared with in the legend category are Dorian, Arnold, and the two eight-timers [Lee Haney and Coleman]. So it'll really solidify my dynasty, and that's why I've been hashtagging it so much, just as motivation to myself."

As for winning at less than his best, Heath stated, "I think on Saturday I just found a wayto get it done. More important, I just took Saturday really personally. I have experience with all of these guys. I've taken their best shots and come out on top. I was only 90% this time, and I'm going to be chasing that perfection next year. That's what I'm excited about. I know my legs can get better, because they were this year. So I can work on maximizing that and just continue to keep that roundness up top, and I proved to everyone that I can keep my waist in shape.

"The other four [Mr. Olympia wins to break the record], I can't think about them yet. I just have to do my job. I'm going to try some things this off-season, because I think I can make it lights out. In my heart, I want to start doing that. I want to be known as a dominating Mr. Olympia. These guys pushed me. I'm not gonna lie. But I just pushed back harder." **FLEX**



CELEBRATING THE MOST AESTHETIC PHYSIQUES OF YESTERDAY AND TODAY

CLASSIC MUSCLE

GOLDEN WEEKEND

NINE MEDALS FOR BRITS AT ARNOLD CLASSIC EUROPE.

The UK team enjoyed one of its finest international performances at the amateur Arnold Classic Europe, winning nine medals.

Gold medallists Carly Thornton and Abies Nosa took pride of place in Madrid. Thornton struck gold in her first women's physique contest after moving up from bodyfitness.

Abies Nosa won gold in the men's physique up to 181 cm height class and remarkably his brother Etin took silver in the same category.

There were also silver medals for bikini fitness stars Emma Howie and Karina Skowronska as well as for junior bodyfitness competitor Connie Slyziut.

Scotland's Michelle Morris claimed bronze in bodyfitness and there were bronze medals too for Romane Lanceford and Ricky Beckford in men's physique and masters' men's physique respectively.



Abies Nosa (right) and brother Etin.

CHRISTOPHER BAILEY

SAM JONES
Best body in Wales?
PAGE 122

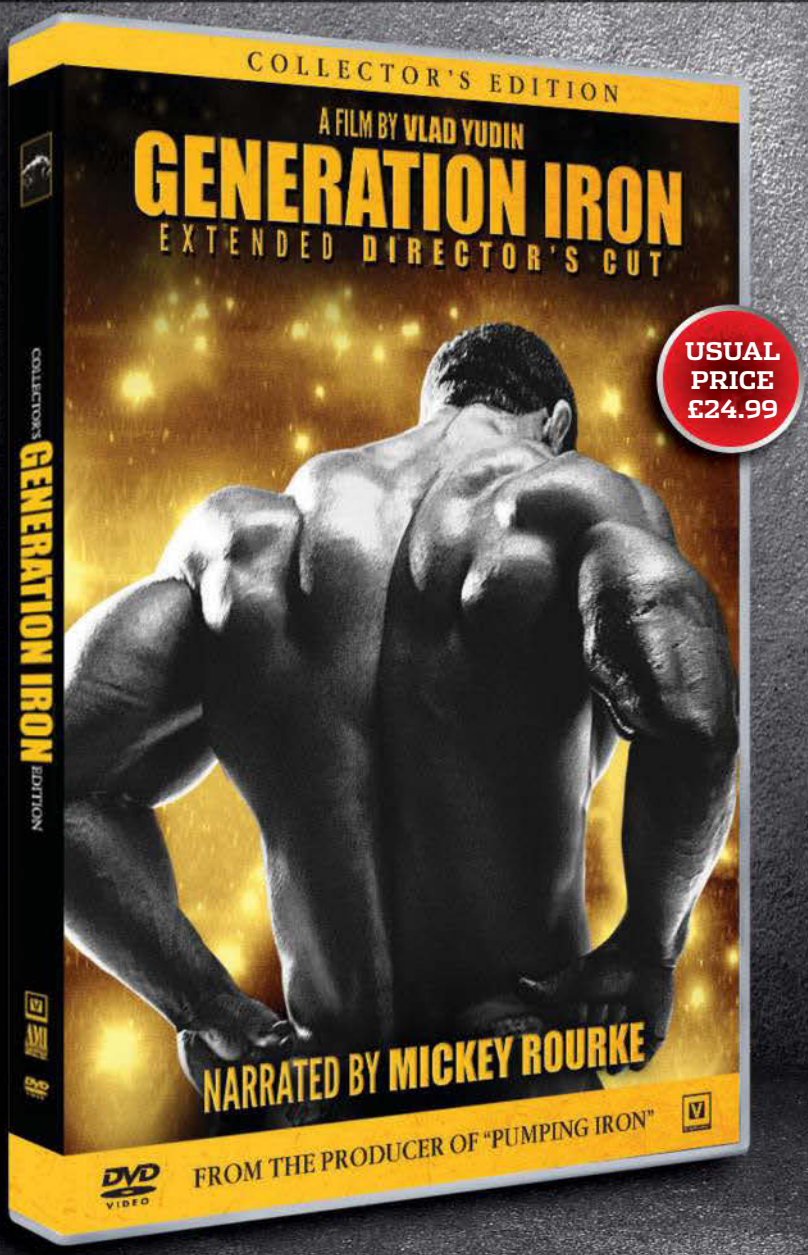
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Teen on a mission
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Answers your questions
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BY JOHN PLUMMER PHOTOGRAPHY BY CHRISTOPHER BAILEY

SAM'S THE MAN

SAM JONES' SUPERB MID-SECTION POWERED HIM TO SUCCESS AT THIS YEAR'S WELSH CHAMPIONSHIPS.

Sam Jones has gone from skinny 16-year-old to this year's Welsh men's physique champion. He first competed aged 20 two years ago and is known for his insanely thick abs.

FLEX: How do you get such a detailed midsection?
Sam Jones: I am lucky that I'm genetically blessed with deep separated abs, but to really bring out the detail prior to a competition, I mainly concentrate on getting my body fat percentage down through diet and cardio.

How do you train abs and obliques?
Believe it or not, I only train my abs two weeks prior to a competition and don't train my obliques at all because I want to keep my waist as small as possible. I do three sets of hanging leg raises and three sets of planks to failure every other day for two weeks and that's it, I let the cardio and diet do the rest.

Where do most guys go wrong?
A lack of consistency with nutrition and focusing too much on how much weight they're lifting instead of focusing on how the muscle is feeling during the set. The mind-to-muscle connection is so important.

Why do you prefer men's physique?
It is aesthetically pleasing to look at. I like the look of wide shoulders and a wide back, which tapers down into a small detailed mid-section. It reminds me a bit of the 1970's classical physiques.

How do you feel about being judged on looks as well as physique?
I'm comfortable with that as I like to get in front of the camera whenever the opportunity arises!

What's your weekly training split?
- **Monday** Quads, Hamstrings, and Calves.
- **Tuesday** Chest and Triceps.
- **Thursday** Back and Biceps.
- **Friday** Shoulders and Calves.
- **Cardio** Pre-contest: 40 mins of incline walking, five times a week. Off-season: 15 mins of HIIT sprints, three times a week.

How many exercises, sets, and reps do you do?
I'm a big believer in shocking the muscles with different methods of training every few weeks. Some weeks I lift heavy in the 6-8 rep range and other weeks I do higher reps and more sets, which could be as high as 50 reps in just one set.

How often do you change your programme?
I like to alternate my programme weekly. So week 1 will be heavy weights in the 6-8 rep range, then the following week will be higher reps, which will include more supersets and drop sets to achieve maximum pump. Then for the third week I repeat week 1.

What's the secret to wide shoulders?
Training rear delts more! Rear delts are very important in achieving good shoulder width. Having good rear delts gives your physique a wider, more three-dimensional look, especially when hitting a side pose.

Volume training or high intensity workouts?
I like a mixture of both in order to keep the body guessing and getting the best of both workouts. So I do volume training one week and heavy high intensity the next. I have seen lots of improvements in my physique in the last 6 months by alternating workouts this way.

Describe your pre-contest diet
- **Meal 1** 8 egg whites, 75 g of oats, and 80 g blueberries
Intra workout 50 g of dextrose and 2 scoops of amino acids
- **Post workout** 2 scoops of beef protein
- **Meal 2** 200 g of chicken or white fish and 80 g of rice
- **Meal 3** 200 g chicken or white fish and 80 g of rice
- **Meal 4** 200 g of sirloin steak or salmon with a large serving of vegetables
- **Meal 5** 2 scoops of beef protein

SAM JONES

AGE **23**
BIRTHPLACE **Swansea**
LIVES **Swansea**
HEIGHT **185cm / 6 ft 1**
WEIGHT **93 kg / 205lbs**
CAREER HIGHLIGHT **First place in tall men's physique at 2015 Welsh Championships**
AMBITION **Become an IFBB pro and inspire others**
TRAINING ADVICE **Stay consistent and be patient**
TO CONTACT **samjonespt@gmail.com**


"HAVING GOOD REAR DELTS GIVES YOUR PHYSIQUE A WIDER, MORE THREE-DIMENSIONAL LOOK."
140
IFBB

BY JOHN PLUMMER PHOTOGRAPHY BY CHRISTOPHER BAILEY

TEEN AMBITION

19-YEAR-OLD CONNIE SLYZIUT IS BLAZING A TRAIL FOR JUNIOR BRITISH BODYBUILDERS OVERSEAS.

Connie Slyziut has a dual life: half the time she is a professional viola player at the Trinity Laban Conservatoire of Music and Dance in London; the other half she is Britain's buffest teen female. Slyziut made such an impression in her bodybuilding debut season that the UKBFF selected her to become its first international competitor in junior bodyfitness in September at the Arnold Classic Europe in Madrid.

What did it mean to compete at the Arnold Classic Europe?
Connie Slyziut: It means the world. My hard work is paying off and my dream is coming true. Before I competed, I looked up to the figure pros at the Arnold Classic Europe. Since day one, they inspired me. Arnold's stage was the place I was dreaming about every time I felt like giving up.

Why did you want to be a bodybuilder?
I got into it two years ago when I was still in college. I used to sprint in school, and always had long sprinter's quads. However, track wasn't enough anymore. That's when I got introduced to weights. I got so addicted I would spend hours at the gym.

What do you enjoy most and least about competing?
No matter how difficult my prep can get, it is worth every second when I step on stage. I feel like that is where I belong. All the hard work, sacrifice, and determination pays off. However, if you want to reach high, you have to give up some things, and some people.

How does a typical training week break down?
- **Monday** Shoulders, Calves, & Core
- **Tuesday** Hamstrings, Glutes, & Abs
- **Wednesday** Back and Core
- **Thursday** Shoulders, Calves, & Abs
- **Friday** Hamstrings, Glutes, & Core
- **Saturday** Chest (AM) & Arms (PM)
- **Sunday** Quads

Describe a typical legs session.
No session is identical to the previous one. The secret for my quad training is that I always change exercises or rep ranges to shock my quads. But here is a rough template of main exercises:

Leg press:
2 x 20 bottom-half reps
2 x 15 count of 3 down, 4 up
2 x 15 bottom hold for 2
2 x bottom half reps until failure

Vertical leg press:
3 x 15 single leg-alternate
3 x 15 close-feet slow reps

Leg extension:
2 x 20
2 x 10,10,10 (feet position: neutral, toes in, toes out)
2 x 15 single leg-alternate
2 x 15 toes in
2 x 15 toes out
1 x until failure neutral feet position

Finish with walking lunges (200 total, aim to do them in as few sets as possible).

How long do you train?
I don't leave the gym until I'm satisfied with my workout. It varies between one hour and two-and-half hours of weight training followed by 30 minutes of cardio.

How much can you lift?
I loved lifting heavy weights before I started competing. However, it didn't benefit me apart from gaining strength and minimal muscle mass. Now, I tend to stick to lighter weights and do slow reps with contraction. I can deadlift 150 kg, squat 150 kg, and bench press 70 kg.

Fasted cardio–good or bad?
I love fasted cardio. It is something I must do on a daily basis before breakfast, even when I'm off-season. It makes me feel better throughout the day and allows me to consume more calories while on contest prep. I would wake up at 4 am to do it if I had no choice.

What do you eat in a typical day?
- **Upon waking** Black coffee, Multivitamin, L-Carnitine, fish oils, and BCAAs.
- **Meal 1 (post-cardio)** 100g oats, 6 egg whites, and 1 banana.
- **Meals 2 and 3** 100g chicken, 100g sweet potato, and green vegetables.
- **Meal 4 (pre-workout)** Black coffee, 100 g chicken, 100 g sweet potato, BCAAs, glutamine, and L-Carnitine
- **Meal 5** 100g chicken, 100g sweet potato, green vegetables, and mushrooms.
- **Meal 6** 100g salmon, 100g sweet potato, green vegetables, mushrooms, and BCAAs.
- **Meal 7 (optional)** 100 g extra lean minced beef and broccoli.

CONNIE SLYZIUT

AGE **19**
BIRTHPLACE **Lithuania**
RESIDES **London**
HEIGHT **175 cm / 5 ft 7 ins**
WEIGHT **65 kg / 143 lbs**
CAREER HIGHLIGHT **Representing the UK in junior bodyfitness at the Arnold Classic Europe**
AMBITION **To become an IFBB figure pro and succeed as a professional musician.**
TRAINING ADVICE **The hardest thing is to keep pushing yourself above your limits.**
SPONSORS **LIFT-IT Worldwide**
TO CONTACT **On Facebook and Instagram @Connie Slyziut**



“MY HARD WORK IS PAYING OFF AND MY DREAM IS COMING TRUE.”

BY JOHN PLUMMER PHOTOGRAPHY BY KEVIN HORTON

RYAN TERRY

BRITAIN'S FOURTH PLACE FINISHER AT THIS YEAR'S MEN'S PHYSIQUE OLYMPIAN ANSWERS YOUR QUESTIONS.

How do you get such phenomenal abs?
This is probably the question I get asked the most.

I treat my abs like any other body part. If I'm trying to build them, I use heavy weights and low reps and give them 3 to 4 days rest in between workouts to allow the muscle tissue to repair. Closer to a show, I do fewer sets and introduce more intensity and circuits.

I also vary my workouts. Don't just do 40 minutes of crunches: break your abs down into upper and lower abs. There are lots of elements to think about. You have to make your waist smaller, build core strength and develop your obliques as well as your six-pack. Finally, remember that abs are made in the kitchen, no matter how hard you train.

What are your favourite abs exercises?
Here are some of my regular exercises. You can build a workout around them choosing your own sets and rep ranges. I usually do weighted exercises first then body weight exercises to finish.

➜ HANGING LEG RAISES
Your legs comprise half your body weight so I have to hold up 45 kg. Keep your legs straight and try not to swing.

WEIGHTED CRUNCHES ON A CABLE MACHINE
This is a really good exercise for upper and lower abs.

CABLE WOOD CHOPS
One of my favourite moves for core. It really taxes them.

THE PLANK
This is a simple but effective exercise to finish with.

What did it mean to compete at the Olympia?
I know this sounds cheesy, but it was a dream come true. As soon as men's physique started at the Olympia, I wanted to do it. It's the ultimate in my profession. Any competitor wants to be the best in the world. I couldn't wait to wear that red Olympia jacket and I was overjoyed to finish fourth.

How does the sport differ in America and Europe?
The biggest difference is size. The Americans seem to hold a lot more size and have bigger frames. They live their lives more like bodybuilders in that they have off seasons lasting up to eight months then get ready for shows. In Europe, guys tend to stay in shape all year round and compete more often, but they're not as muscular. It will be interesting to see if the new classic physique division introduced in America changes things. The posing is different, too. In America everything should be relaxed and effortless. It's all about that cover model look. Over here, you can show your condition and shape more.

How do you go about promoting yourself in America?
Until you are over there, it's difficult to promote yourself. When you do go, it's good to stay for a while and go to several big events. It helped me to do three shows back-to-back this year. It gave me more of an opportunity to sell myself, meet people, and network. I was there for five weeks out of six.

But be careful: I was so fixated about promoting myself last year that I messed everything up. I should have been focusing on my physique and posing, but I put too much pressure on getting known in America, and, consequently, my results suffered.

I want to succeed in men's physique. What advice can you give me?
Do your research. Don't turn up to be a number; turn up to win. But don't rush things. Work on your posing, get feedback from other people, and prepare properly.

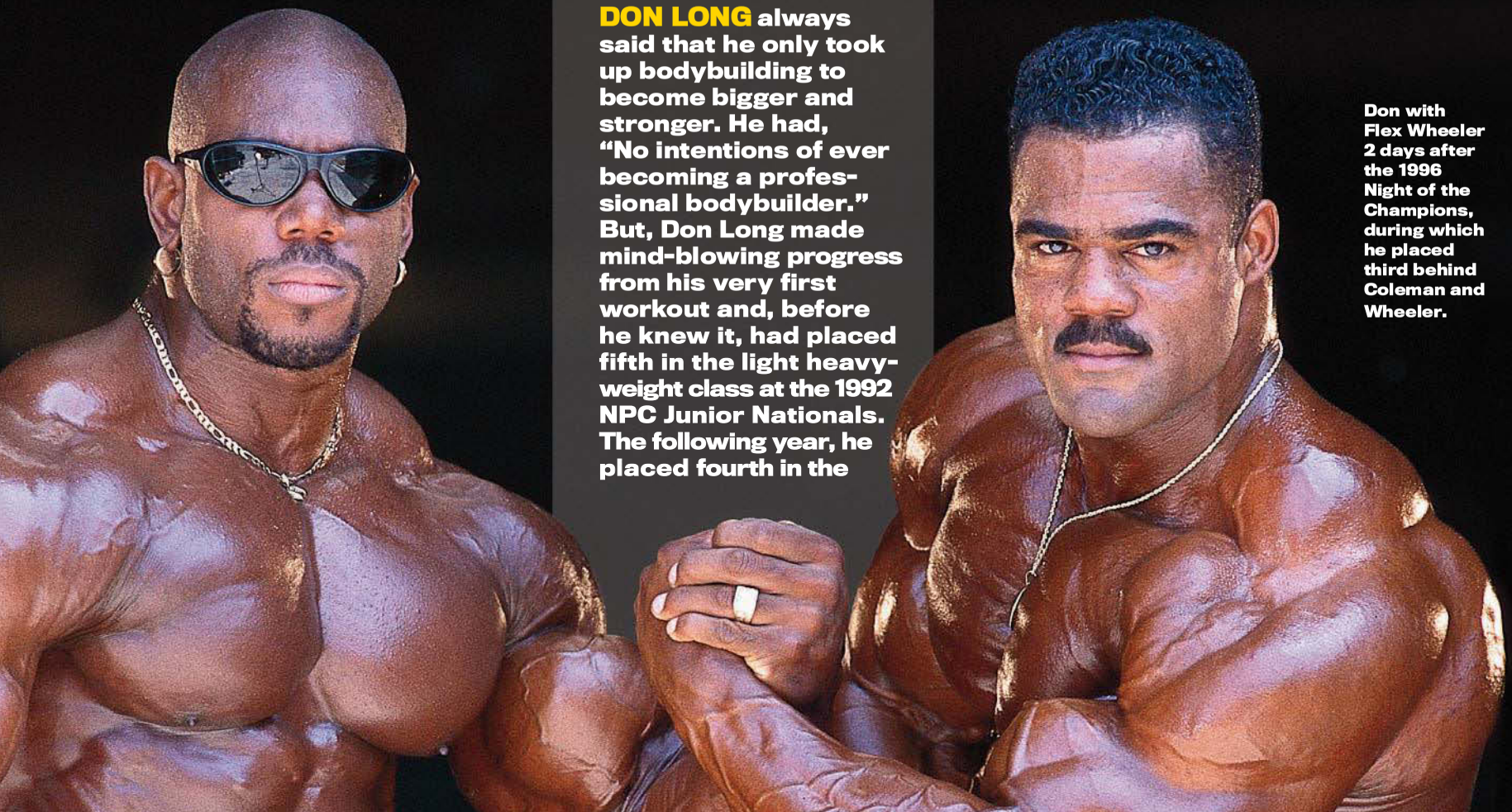


Ryan (second from right) on stage at the Olympia.

OLYMPIA PHOTO: GARY PHILLIPS


"KEEP
YOUR LEGS
STRAIGHT
AND TRY NOT
TO SWING."

DON LONG



DON LONG always said that he only took up bodybuilding to become bigger and stronger. He had, "No intentions of ever becoming a professional bodybuilder." But, Don Long made mind-blowing progress from his very first workout and, before he knew it, had placed fifth in the light heavyweight class at the 1992 NPC Junior Nationals. The following year, he placed fourth in the

Don with Flex Wheeler 2 days after the 1996 Night of the Champions, during which he placed third behind Coleman and Wheeler.



heavyweight class at the NPC Nationals, and the year after that, he was third in the heavyweight class at the 1994 NPC Nationals. Just one year later, Don found himself in the exalted position as one of the favourites to win the NPC Nationals. He pulled this off by winning the heavyweight class and also the overall title.

With only three years of competing at the top of the amateur championships level, Long had suddenly become a full-fledged IFBB professional bodybuilder. Wasting no time (Don was 29) he jumped right into one of the toughest IFBB shows on the bodybuilding calendar, and placed third behind Ronnie Coleman, who came

TEXT AND PHOTOS BY CHRIS LUND

second and the eventual winner, Flex Wheeler. Coleman and Wheeler, as if you didn't know, were two of the greatest bodybuilders of their era, which left Don Long simply walking on air. Unfortunately, fate had other plans for him, and during the next three years, Don Long failed to place in the top six at every show he entered, despite his incredible previous potential. He just couldn't understand what was wrong. He trained harder than he ever did and was always super-dedicated during his pre-contest diet. The answer; however, was on its way like a bolt of lightning!

In October 1999, Don experienced severe and sudden heavy flu-like symptoms—a totally new experience for him, because he always felt strong and super healthy every day of his life. In the end, he was forced to visit his doctor, who gave him news that absolutely shocked him out of his mind. The doctor told Don that it appeared as though his kidneys were failing him. He needed kidney dialysis treatment immediately, and it was then discovered that Don had been born with only one kidney. Because his other kidney had been overworking all those years, it was actually starting to fail on him.

Poor Don faced the next 11 years enduring dialysis treatment, plus an actual kidney transplant, which was, sadly, unsuccessful. Incredibly, despite all this, Don actually made a comeback between 2006 and 2009, competing four times.

I photographed Don on two occasions when he was one of the world's best bodybuilders and, at the first session, we shot his chest routine for FLEX magazine. The first exercise he did was one of his all-time favourites, the incline dumbbell press, which he did for four sets, increasing the weight each set. He did between 8 to 15 reps as the dumbbells got heavier and heavier. Don then did four sets, of 8 to 15 reps on an incline chest machine. "When I do machine presses," he said, "I barely grip the bar because I don't want any stress on my arms. I push the handles forward with my palms."

Next, Don did four sets of parallel dips for 15 reps in perfectly strict style then declared. "The parallel dip is one of the best exercises ever invented, because it's virtually impossible to cheat. Make sure you lean into your stretches to focus mainly on your pecs."

Finally, Don finished his chest routine with dumbbell flyes to isolate his pecs, then said. "I like to pyramid most of my exercises. I will usually start with 16 reps then go to 12 reps, then to 10, and, finally, I finish with a maximum set of eight."

The next time Don came to California, we captured his amazingly developed peaked biceps routine for FLEX magazine and this was the routine we shot that day:

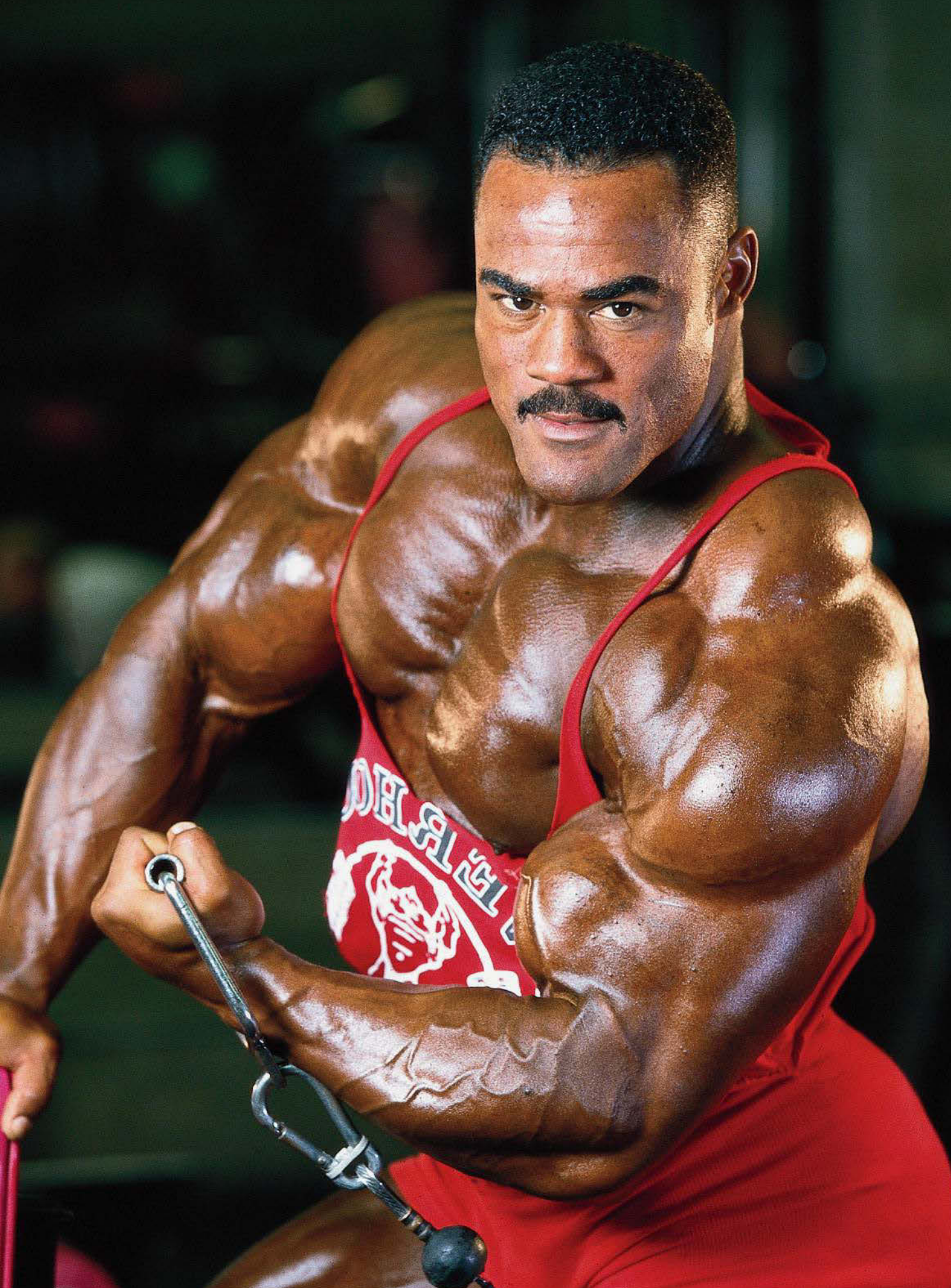
1. STANDING DUMBELL CURLS

One set of 16 reps, with a pair of 45-pound dumbbells, followed without too much rest by a set of 12 reps using two 55-pound dumbbells. He then did one set of ten reps with a pair of 65 pounders, and finished with 8 reps and two 75s. His next exercise was:

2. BARBELL CURLS

One set of 16 reps with 80 pounds, followed by a set of 12 reps with 130 pounds. He then did one set of 10 reps followed by a max-out set of 8 reps using 180 pounds.

"When I do my single-arm cable work, I complete one set with my left arm then go straight back to my left and so on until I've completed four sets with each arm. Basically, I'm curling nonstop."



3. ONE-ARM CABLE CURLS

One set of 16 reps with 75 pounds, followed by another set of 12 reps with 90 pounds. He then did a set of 10 reps with 105 pounds, followed by his final set of 8 reps with 120 pounds. His final biceps exercise that day was:

4. ROPE HAMMER CURLS

On the first set of 16 reps, he used 90 pounds, then did a second set of 12 reps with 110 pounds, followed by a third set of 10 reps with 130 pounds. His final max-out set was 8 reps with 150 pounds. Here's what he told FLEX about training his biceps.

BICEPS TRAINING

The range of exercises I employ ensures that every aspect of the biceps muscle receives full stimulation: dumbbell curls for peak; barbell curls for all-around mass; one-arm cable curls to enhance shape; and rope hammer curls for forearm and brachial tie-in development.

I'm not too macho to admit that the descending reps design of the program is one I first saw outlined by a woman bodybuilder. It made such good sense to me that I immediately adopted it.

MY TOP 10 TIPS FOR MAXIMISING BICEPS DEVELOPMENT

1. Prior to the actual biceps workout, stretch the target muscles, then warm up thoroughly with a couple of light high rep sets. I have done that from day one and have never experienced any injury problems.

2. Find your own strength levels in line with the descending reps program.

3. For growth, you have to train as heavy as possible within the recommended rep range.

4. For the first two sets (16 and 12 reps, respectively), use a weight that allows you to just complete the required rep range without failure occurring.

5. For the last two sets, use a weight for which failure occurs at the tenth and eighth rep marks, respectively.

6. Don't go past failure into the forced rep zone. Not doing forced reps is another reason (besides warming up thoroughly) why I feel I've remained uninjured.

7. Use strict style without bending your torso. During a real heavy set of barbell curls, you may have to cheat a little to complete the last two reps or so, but don't cheat until it's impossible to complete the set without doing so.

8. As you complete each rep, visualize the biceps working, make mental contact with the muscle as it rolls into a contraction, and form an image of the peak swelling.

9. Particularly during the last two sets of each exercise, aim for maximum pump and a killer burn.

10. Rest between sets only as long as it takes your partner to do his set. One-arm cables are an exception.

> "The range of exercises I employ ensures that every aspect of the biceps muscle receives full stimulation."

BENEFITS OF CABLE WORK

I use cables because they offer the opportunity to exert stress and; therefore, greater muscle stimulation during the negative (downward) phase of a rep. During this downward phase, you can control the weight and release it slowly in a way that free weights just don't allow.

When I do my single-arm cable work, I complete one set with my left arm then go straight back to my left and so on until I've completed four sets with each arm. Basically, I'm curling nonstop. The rest periods allowed each arm only the time it takes to work the other arm.

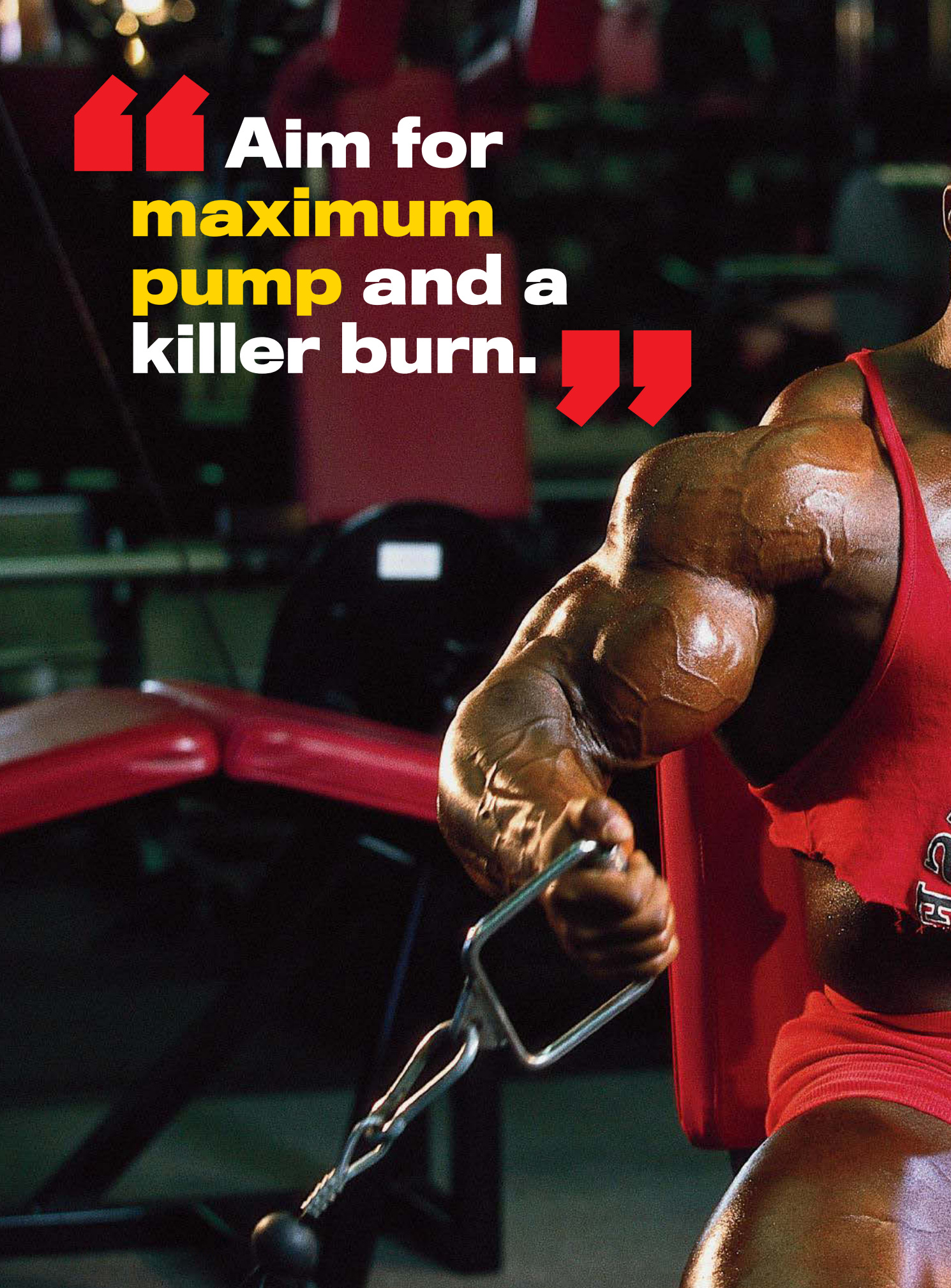
Curling in this nonstop manner ensures that I get a great pump, and the mechanics of the cable apparatus makes the rhythmic completion of sets very easy to do. With free weights, I'd have to gather four sets of dumbbells around me, but with cables, I just alter the pin in the machine and proceed from one poundage to the next.

GOING FOR THE PEAK

I attribute my biceps peak to the way I perform standing dumbbell curls. I execute them in alternate style; one rep with my left arm, then one rep with my right arm, back to my left arm and so on. At the start of each rep, my palm faces toward my side. As my forearm approaches the point where it is parallel to the floor, I rotate my wrist so my palm faces upward. I also lean a little to the side as I complete the second part of the upward phase of the rep; this really hangs the biceps

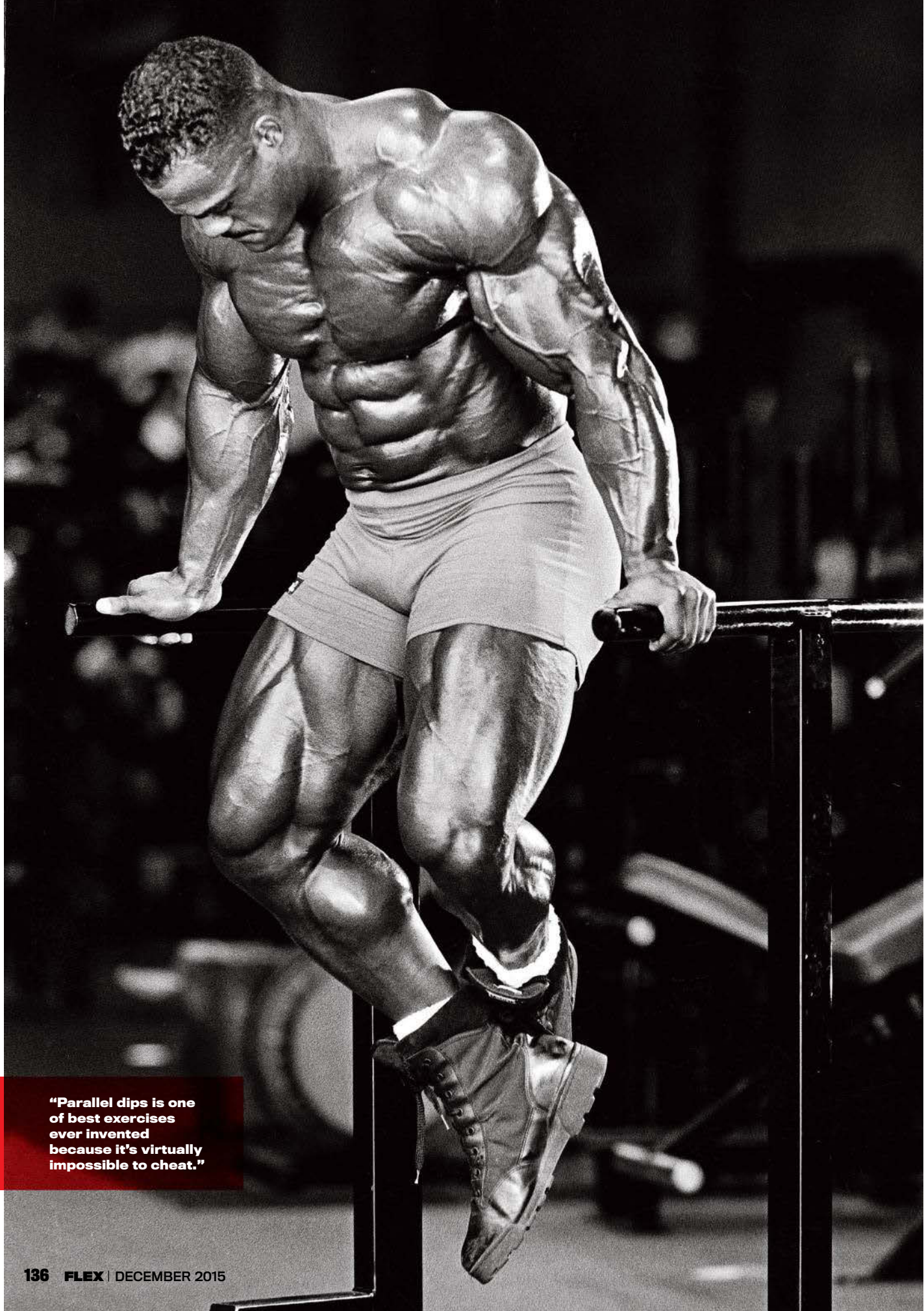


Don at his muscular best in 1997.


“Aim for maximum pump and a killer burn.”



Seated pulley cable crossovers.



"Parallel dips is one of best exercises ever invented because it's virtually impossible to cheat."



Another great shot of Don from 1997.

CONTEST CAREER

1992
Junior Nationals–NPC, Light Heavyweight, 5th

1993
Nationals–NPC, Heavyweight, 4th

1994
Nationals–NPC, Heavyweight, 3rd

1995
Nationals–NPC, Heavyweight, 1st
Nationals–NPC, Overall Winner

1996
Night of Champions–IFBB, 3rd

1997
Arnold Classic–IFBB, 12th
Night of Champions–IFBB, 7th
San Jose Pro Invitational–IFBB, 7th

1998
Arnold Classic–IFBB, 8th
San Francisco Pro–IFBB, 11th

1999
Arnold Classic–IFBB, 12th
Ironman Pro Invitational–IFBB, 8th
Toronto Pro–IFBB, 7th

2006
Atlantic City Pro–IFBB, Did not place

2008
New York Pro Championships IFBB, Open, 17th

2009
Ironman Pro Invitational–IFBB, Did not place
Orlando Show of Champions IFBB, 11th

'out there' and makes it do all the work.

As I reach the midpoint of the rep, I push my elbow forward a little then, while visualizing the biceps peak rising, I flex the muscle for a full contraction. This last action is like doing a one-arm biceps pose while holding the dumbbell. I have been doing standing dumbbell curls in the aforementioned style since I started training, and I know that they're the reason I've developed my biceps peak to the max.

LAGGING BICEPS

If your biceps are a weak body part, don't be afraid to train them several times a week. Getting the blood and nutrients into the muscle more regularly will spur them into growth, and your mental desire to improve will outweigh any considerations of not allowing what is nominally considered to be adequate recuperation time. Biceps are one of the smaller muscle groups, and they don't need the same period of recuperation as a large muscle group like quads or back. With regard to recuperation, I think the most important factor is getting eight hours of solid sleep a night. The bottom line with biceps if you want them badly enough, you'll get them!

In 2010, Don's wife proved to be an unlikely kidney match, but Don had another transplant, and this time it was a success.

Don Long was born with terrific bodybuilding potential, and it was very sad that nature prevented it from becoming a reality.

Today Don is 50 years old and he is a personal trainer and nutritionist in Florida. Apparently, he still sports an impressive physique.

You can contact him on Facebook.

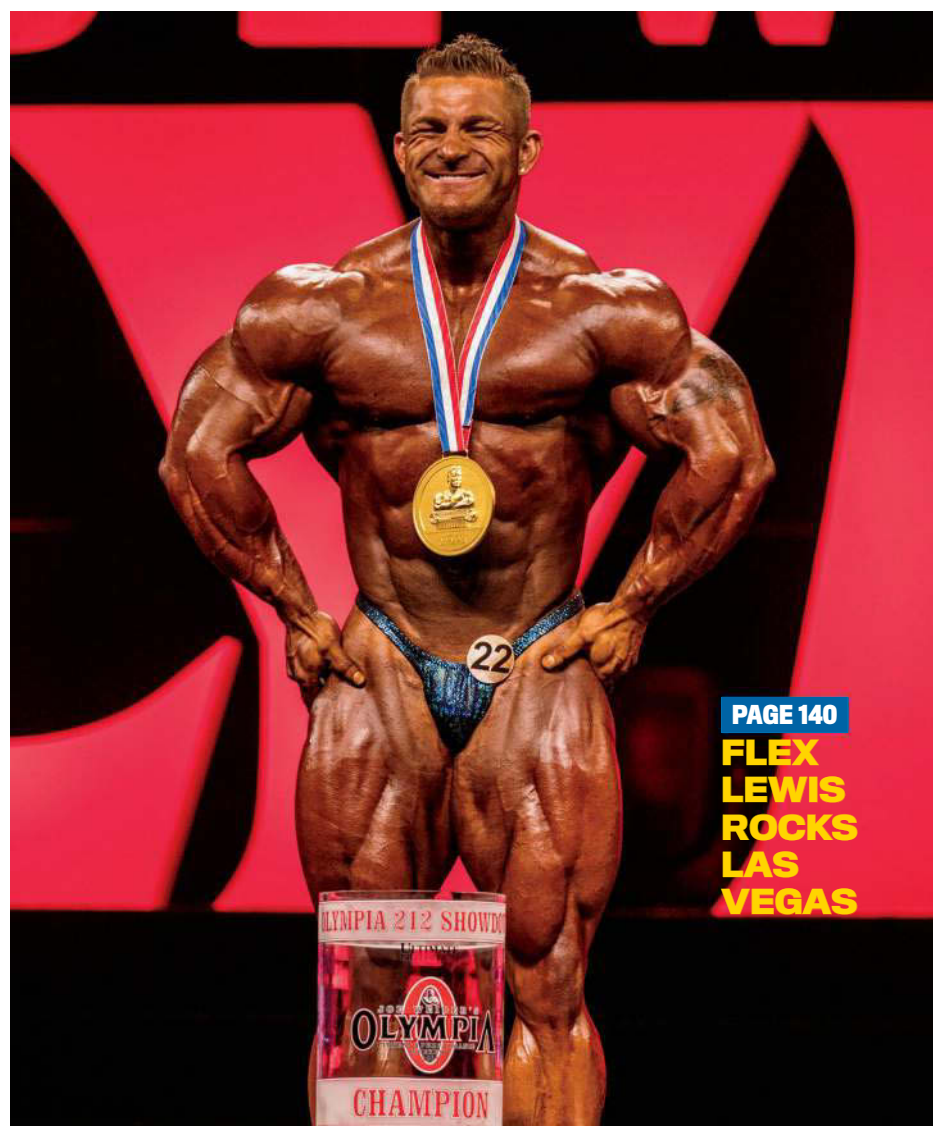
LAST SET

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FOUR FOR FLEX
Britain's Flex Lewis becomes the greatest lightweight bodybuilder of all time.
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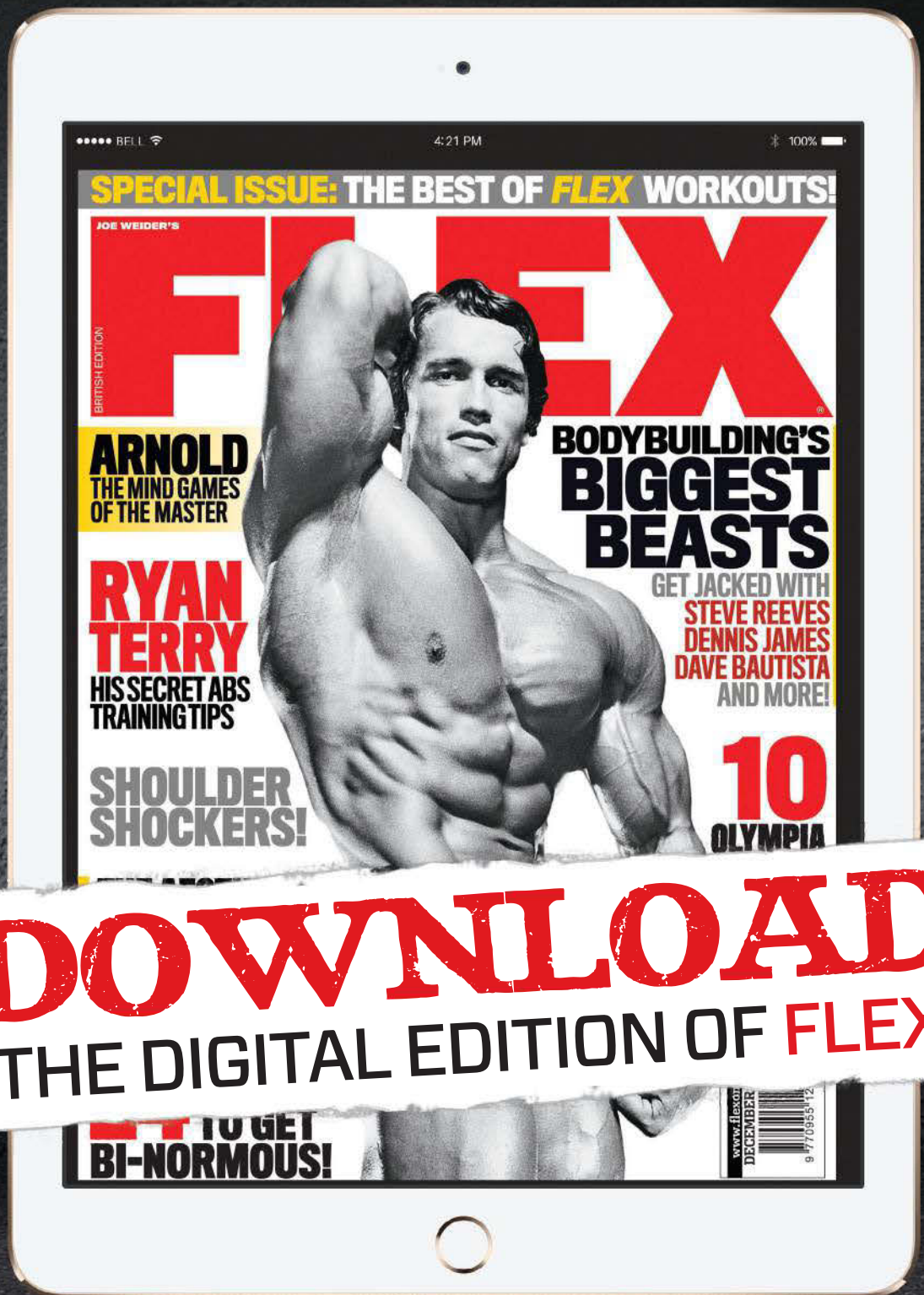
MODEL LOOK
Four UK athletes rock the Olympia stage in the model search.
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Gareth Tanner crowned overall champion at Welsh Championships.
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FLEX LEWIS ROCKS LAS VEGAS

CHRISTOPHER BAILEY



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LEWIS REIGNS IN VEGAS

GOLD FOR FLEX LEWIS AND FELLOW BRIT RYAN TERRY FINISHES FOURTH IN MEN'S PHYSIQUE AT THE 2015 OLYMPIA.

IT WAS ANOTHER GOLDEN OLYMPIA for Britain thanks to Flex Lewis, who won a fourth consecutive 212 title to become the most successful lightweight bodybuilder of all time. Lewis, who was due to become a father in November, gave another commanding performance to win with straight firsts. Runner-up Jose Raymond was in typically freakish condition with veins exploding all over his body, but Lewis' lines meant the $40,000 cheque for first place was never in doubt. There were no other Brits in the bodybuilding classes but there were other home-grown successes in Las Vegas, most notably Ryan Terry's fourth place finish in the 34-strong men's physique showdown.

Terry, who won back-to-back US pro shows earlier in the year, was the first European ever to compete in this class at the Olympia. He jostled with winner Jeremy Buendia and runner-up Sadik Hadzovic in the first callout and only missed the bronze medal to Jason Poston by three points.

There were bigger guys on stage but nobody could match Terry for looks, symmetry and midsection detail. If the new classic physique class eliminates the bulkier guys, he could be well placed to go even higher in 2016.

Four other Brits rocked the most famous bodybuilding stage of all. Matt Sallis, Julian Hangoway, Sabrina Coates, and Jennie Bliss appeared in the model search contest after booking their places a fortnight earlier at the UKBFF model division qualifier in Essex.

With almost 80 in the women's class and more than 40 in the men's, competition was fierce, but all four Brits were back on day two for the 15-person finals. Matt Sallis did best of all, finishing fifth. Sallis has enjoyed success in men's physique contests too, proving athletes with the right look can crossover between divisions.

Sabrina Coates' dazzling smile and nicely proportioned body propelled her into the first callout, but she didn't place.



From front and back, FLEX LEWIS displayed phenomenal mass, lines, and conditioning.

2015 OLYMPIA CHAMPIONS

MEN'S OPEN **Phil Heath** / USA
212 SHOWDOWN **Flex Lewis** / UK
MEN'S PHYSIQUE **Jeremy Buendia** / USA
BIKINI OLYMPIA **Ashley Kaltwasser** / USA
FIGURE OLYMPIA **Latorya Watts** / USA
FITNESS OLYMPIA **Oksana Grishina** / RUSSIA
WOMEN'S PHYSIQUE **Juliana Malacarne** / BRAZIL

*FULL OLYMPIA COVERAGE IN THIS MONTH'S FEATURE.

OLYMPIA PHOTOS BY GARY PHILLIPS





RYAN TERRY: the first European men's physique athlete at the Olympia.











Britain's model search competitors (from left): MATT SALLIS, JENNIE BLISS, JULIAN HANGOWAY, and SABRINA COATES.

MODEL SEARCH PHOTOS BY CHRISTOPHER BAILEY



GARETH TANNER with the sword for best overall physique. To the right is guest star WILLIAM BONAC.

DRAGON POWER

THE WELSH CHAMPIONSHIPS PRODUCED SOME GREAT NEW TALENT.



WELSH BODYBUILDING is booming: Flex Lewis is the king of the 212s and Neil Hill is one of the world's leading trainers. The grassroots is also looking healthy, as the 2016 UKBFF Welsh Championships proved.

Promoted by Hill, the event attracted about 120 athletes to the magnificent St David's Hall in Cardiff. There was also a superb guest performance by IFBB pro William Bonac, two weeks before his eighth place finish at the Mr Olympia.

The best amateur physique of the day belonged to Gareth Tanner, who won the intermediate under-90 kg class and the overall title. Tanner, 28, has only been competing for two years but he and coach Marc Robinson timed his 12-week prep to perfection.

The aesthetic Ashley Garter slayed bigger men in the middleweights and Tomasz Kepski's full, shapely physique took the light-heavyweights. Joey Farrell's solid and compact physique defeated the bigger Gruffudd Jones in a stellar junior line-up.

The men's physique winners were as good as anything seen all year. The four height champions were Paul Sullivan, Shamsul Ali, Chris Roberts and Sam Jones.

Helen Derbyshire dazzled her way to victory in the tall bikini fitness class, showing great symmetry and well developed glutes. Louise Evans' shredded and shapely form won bodyfitness.





Meet the champs (clockwise, starting above): ASHLEY CARTER, HELEN DERBYSHIRE, PAUL SULLIVAN and JOEY FARRELL.





CHRISTOPHER BAILEY

WELSH CHAMPIONS

JUNIOR BODYBUILDING
Joey Farrell

JUNIOR BIKINI FITNESS
Alexandra Huffen

JUNIOR MEN'S PHYSIQUE
Garron Wiltshire

BEGINNERS
Michael Fitzgibbon

MASTERS OVER-40S
Rodney Knight

MASTERS OVER-50S
John Young

MASTERS MEN'S PHYSIQUE
Stephen Emuobonuvie

INTERMEDIATES UNDER-80 KG
Paul Gane

INTERMEDIATES UNDER-90 KG
Gareth Tanner

INTERMEDIATES OVER-90 KG
Deividas Urmanavicius

MASTERS BIKINI FITNESS
Tatum Price

MASTERS BODYFITNESS
Clare Kehoe

CLASSIC BODYBUILDING UP TO 178 CM
Les Stanworth

CLASSIC BODYBUILDING OVER-178 CM
Dan Casey

BODYFITNESS
Louise Evans

BODYBUILDING UP TO 70 KG
Brian Price

BODYBUILDING UP TO 80 KG
Ashley Garter

BODYBUILDING UP TO 90 KG
Tomasz Kepski

BIKINI FITNESS UP TO 163 CM
Kelly-Marie Lloyd

BIKINI FITNESS OVER-166 CM
Helen Derbyshire

MEN'S PHYSIQUE UP TO 174 CM
Paul Sullivan

MEN'S PHYSIQUE UP TO 178 CM
Shamsul Ali

MEN'S PHYSIQUE UP TO 182 CM
Chris Roberts

MEN'S PHYSIQUE OVER-182S CM
Sam Jones

OVERALL CHAMPION
Gareth Tanner

BY JOHN PLUMMER

LAURIE CARR

It's appropriate that a bodybuilder with a name that sounds like two vehicles should be the size of a truck. Standing over 6 feet tall and weighing 119 kg, or 262 lbs, Carr is one of Britain's biggest bodybuilders. He's also one of the best, as he proved when winning the UKBFF East of England Championships with a physique that packs an insane amount of muscle, including some of the biggest shoulders you're likely to see on an amateur stage. He then finished second in the super-heavyweights at the British Championships.



PREVIOUS WINNERS

JANUARY
NATHAN DE ASHA

FEBRUARY
DEAN LESIAK

MARCH
ZACK MCGUIRK

APRIL
GORDON SINGH

MAY
EMMA PAVELEY

JUNE
ZAK PALLIKAROS

JULY
DANIEL FEENEY

AUGUST
SAMSON DAUDA

SEPTEMBER
GLENN WILLIAMS

OCTOBER
HAMEED JUMA

NOVEMBER
MARK FLACK

CHRISTOPHER BAILEY



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*Dry Basis - Unflavoured. Choice of flavoured or unflavoured.

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UBER-PUMP™ PRE-WORKOUT synergy of ingredients. The ultimate pre-workout product.

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